

## Pea Tortillas

Ingredient List	Amount (Baker's %)
High gluten bread Flour	100.0
Precooked yellow pea flour	20.0
Shortening	12.2
Salt	1.8
Baking powder	1.5
Water	57.0

### Processing:

Mix ingredients for 6-7 minutes

Rest dough for 10 minutes

Cut, mold and bake for 1.2 seconds in tortilla maker

Bake sheeted tortilla for 2 minutes at 550°F

Serving size 1 tortilla (75 g)

## Nutrition Facts

Serving Size (75g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b>	230	<b>Calories from Fat</b>	50
<b>Total Fat</b>	6g		9%
Saturated Fat	2.5g		13%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	360mg		15%
<b>Total Carbohydrate</b>	37g		12%
Dietary Fiber	3g		12%
Sugars	1g		
<b>Protein</b>	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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