

Bread Sticks

Ingredients	Gram	Baker's%
High gluten flour	700	100
Pea flour	115	16
Gluten	21	3
yeast	7.0	1
Sugar	36	5
salt	11	2
shortening	14	2
Italian Seasoning	1.3	0
water	597	85
Monterrey Jack cheese	200	29
Baking temperature (F)		390
Time (min)		20

Procedures:

- Mix dry
- Add water and mix
- Ferment for 1 hour
- Scale to 100g long sticks.
- Rest for 30-40 mins in a fermentation cabinet at 85C, 95% RH.
- Top with Cheese.
- Bake at 390F for 20 mins.

Nutrition Facts	
Serving Size (106g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 12g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 6%
*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	



1710 Burnt Boat Drive, Bismarck, ND 58501

701-222-0128

www.northernpulse.com