

Pulse Burger

Ingredients	Gram	True percent (%)
cooked yellow peas	370	36.0
cooked decorticated red lentil	100	9.7
cooked split green peas	100	9.7
cooked blackbean	200	19.5
tapioca flour- bob's red mill	30.6	3.0
xanthan gum	0.9	0.1
pea protein concentrate	10	1.0
vital wheat gluten	20	1.9
olive oil	20	1.9
cumin powder	0.5	0.0
garlic powder	1	0.1
sea salt	3	0.3
sugar	20	1.9
steak seasoning	7.8	0.8
italian seasoning	1.9	0.2
cider vinegar	1.7	0.2
Chopped Yellow onion	130	12.7
Corn starch	10	1.0

Procedures

Cook pulse by soaking them for at least 30 mins. Boil them in water until they are soft.

Drain most of the water out.

Heat and mix all the ingredients.

Run the mixture through a meat grinder.

Add corn starch. Mix. Add onions.

Fry them with a little canola oil in a skillet until golden brown on both sides.

Nutrition Facts	
Serving Size (71g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 7g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• 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



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