

Low-fat Chocolate Ice-cream with Pea Starch

Ingredients	Gram	Milk Base (%)
whole milk	770	100
non fat dry milk	50	6.5
Sugar	130	17
High fructose corn syrup	45	5.8
Vanilla	10	1.3
cocoa	34	4.4
Semisweet chocolate chips	80	10
Pea starch	15	1.9
water	45	5.8

Procedures:

Dissolve pea starch in water.

Heat treat whole milk, non fat dry milk, sugar, corn syrup, and vanilla.

Mix in pea starch and stir until thick.

Mix in cocoa and semisweet chocolate chips.

Add the mixture to icecream maker.

Nutrition Facts	
Serving Size (113g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 6g	
Vitamin A 4%	• Vitamin C 0%
Calcium 15%	• 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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