

Pasta with Chickpea/Lentil Flour

Ingredients	Gram
Semolina	920
Chickpea flour	60
Lentil flour	15
Milled flaxseed	25

Pasta Processing

Dry ingredients are mixed and blended.

Dry ingredients are extruded with pilot scale pasta extruder and dried with a pilot scale drier at high temperature drying profile.

Pasta cooking

Dry pasta is cooked in boiling water for 12 min.

Nutrition Facts	
Serving Size (56g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

*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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