

## Pulse Fries

Ingredients	Gram
Cooked lentils	145
Cooked yellow peas	150
Dried onion	6.2
Salt seasoning	14
Dried parsley	0.18
All purpose flour	60
Sugar	10
Corn starch	15
Water	8

### Procedures

Combined all ingredients in mixer, except for water.

Add water.

Sheet the fry dough. Cut them to shape.

Fry the fries at 180 C for 1 minute.

### Nutrition Facts

Serving Size (71g)  
Servings Per Container

Amount Per Serving

**Calories 110**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 770mg**      **32%**

**Total Carbohydrate 23g**      **8%**

Dietary Fiber 5g      **20%**

Sugars 4g

**Protein 6g**

Vitamin A 2%      • Vitamin C 0%

Calcium 0%      • Iron 10%

\*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