

Pea Buttermilk Pancakes

| Ingredient List | Amount (Baker's %) |
|----------------------------|-----------------------|
| All purpose wheat flour | 100.0 |
| Precooked yellow pea flour | 33.3 |
| Vegetable oil | 18.7 |
| Buttermilk | 122.6 |
| Whole milk | 93.3 |
| Eggs | 40.0 |
| Sugar | 19.2 |
| Salt | 1.6 |
| Baking powder | 3.5 |
| Baking soda | 3.1 |

Processing:

Mix ingredients until smooth; approximately 2 minutes
 Bake on medium heat until browned on both sides

Serving size 1 pancake (56 g)

Nutrition Facts

| | | | |
|--|-----------------------------|------------------------|------------|
| Serving Size (56g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 180 | Calories from Fat 90 | | |
| | % Daily Value* | | |
| Total Fat 10g | | | 15% |
| Saturated Fat 4.5g | | | 23% |
| Trans Fat 0g | | | |
| Cholesterol 40mg | | | 13% |
| Sodium 290mg | | | 12% |
| Total Carbohydrate 18g | | | 6% |
| Dietary Fiber 2g | | | 8% |
| Sugars 4g | | | |
| Protein 4g | | | |
| Vitamin A 4% | | Vitamin C 0% | |
| Calcium 6% | | 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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