

Ravioli

Ingredients	Percent
Extra Fancy durum flour ¹	90
Pea protein concentrate	10
Water hydration	39

¹12.5% moisture basis

Procedure:

1. Blend dry ingredients using cross flow blender.
2. Mix, hydrate, and laminate blended durum flour with a roller or by using a ravioli machine.
3. Upon lamination, sheet the dough and fill with meat and/or cheese fillings.
4. To store the ravioli, toss with flour or cornmeal and store at 4°F until further processing.

Nutrition Facts	
Serving Size (139g)	
Servings Per Container	
Amount Per Serving	
Calories 320	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 66g	22%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%
*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	



Northern
Pulse Growers
Association

1710 Burnt Boat Drive, Bismarck, ND 58501

701-222-0128

www.northernpulse.com