

dry peas, lentils, chickpeas...



NUTRITIONALLY POWERFUL.

Dry peas are among the most powerful of pulses. Their nutritional importance dates back almost 10,000 years BC when the protein and energy in these legume seeds were essential to developing civilizations. Even in these modern times, the high quality protein, natural dietary fiber and beneficial starch in dry peas is difficult to match. Today, pea derivatives such as roasted pea flour (peasemeal), pea flour protein concentrates, pea fiber and starch isolates, have emerged as functional food ingredients that deliver fresh marketing appeal. In fact, pulses are actually listed twice (in both the protein and vegetable categories) in USDA's Food Guide Pyramid.

Comprised of 25%-27% dietary fiber—both soluble and insoluble—as well as resistant starch and high quality protein, pea flour is well suited for a wide range of healthy food and baking applications. With rates of obesity, diabetes and heart disease now routinely described as “epidemic” in the U.S., food products that incorporate pulses are increasingly appropriate and more marketable than ever.

These unhealthy weight-related trends have prompted a surge in consumer demand as well as regulatory pressure for food staples that combine new nutritional relevance with familiar taste and texture. Pulses and their derivatives

can help specialty and commercial bakers and pasta processors grab a piece of a functional food market expected to grow from \$25 billion to almost \$40 billion by 2011.

PRACTICAL AND NATURALLY WHOLESOME.

Within the last two years, 65% of consumers report a greater interest in healthy eating, according to market research from Tate & Lyle. The nutritional components in pulses such as pea flour can contribute to food product formulations that address these growing concerns about digestive and cardiovascular health as well as weight control and diabetes.

FIBER WITH FRINGE BENEFITS.

Fiber leads the consumer wish list. That's understandable; USDA reports that only 1 in 5 Americans get the recommended daily amount of fiber, with most of us consuming less than half the recommended levels. The good news is that nearly 50% of today's consumers believe that fiber can actually taste good, and boasts benefits beyond regularity. Indeed, survey results from the 2008 International Food Information Council found that 77% of consumers are proactively trying to consume additional fiber. With more than 10 grams of natural dietary fiber per ¼ cup, pea flour in your formulation makes that task easy. The scientific jury is still debating the

“pulses: edible,
dry seeds from
legume plants.”

“peasemeal:
roasted yellow
pea flour.”



“Isn’t it time for a healthier hamburger bun? Pea flour is a great way to enhance fiber and protein in quick breads, rolls and buns.”

risk/benefit ratio of manufactured fiber sources. But fortifying with natural fiber from whole foods is no fad. Both the American Heart Association and the American Dietetic Association continue to emphasize the vital role that natural sources of dietary fiber play in maintaining good health.

GOOD ‘CARBS’ ARE SLOW ‘CARBS’.

Closely behind the clamor for fiber, listen for the buzz about the benefits of low “GI” foods. Pulses such as dry peas have a low glycemic index (GI), meaning a complex, slowly digesting starch or carbohydrate portion that prevents sharp spikes in blood sugar levels. These blood sugar spikes not only are problematic for diabetics, but can lead to obesity and may present an increased risk for atherosclerosis in the non-diabetic population.

A staggering 23.6 million people—and more than 1 in 10 Americans over the age of 20—now have diabetes. This has prompted the American Diabetes Association (ADA) to state that “the intake of low glycemic index foods that are rich in fiber and other vital nutrients [such as pulses] should be encouraged both for the general population as well as those with diabetes.” Beyond diabetes prevention, high glycemic index diets may also be associated with elevated triglycerides, another heart disease risk factor. Recent scientific evidence found that following a low GI diet over many years significantly lowered coronary heart disease risk.

PEA IS FOR PROTEIN.

With twice the protein of cereal grains, dry peas deliver an astounding 8 grams of high quality, low-fat, all-vegetable protein per ¼ cup. Rich in lysine, dry peas and pea flour have an amino acid balance that compliments cereal grain proteins. It’s precisely because of the quantity and quality of protein that this pulse is a venerable staple in hunger relief programs world wide. This also makes pea flour and pea protein isolates and concentrates especially well-suited for protein-enriched baking and snack food applications demanded today.

Peas are a natural source of both folate and zinc. Providing about 125 mcg of Folate, just a cup of this pulse provides 37% of the RDA for folate. Because of its important role in preventing birth defects, folate enrichment is now a requirement for many U.S. baked products, including bread. And now, new research shows that folate intake may reduce asthma and allergy suffering. To tap into the growing functional food market, today’s food designers are also taking a closer look at zinc-enriched products. The scientific evidence continues to underscore zinc’s important role in disease resistance and immunity. Pulses such as dry pea flour provide a “natural” option for both folate and zinc enrichment.



DRY PEA FLOUR ANALYSIS

(Value Per 100 Grams)

Nutrients	Dry Pea	% Daily Value
Calories (kcal)	365.0	
Calories from Fat (kcal)	20.0	
Fat (g)	2.2	3
Saturated Fat (g)	0.0	
Trans Fatty Acid (g)	0.0	
Cholesterol (mg)	0.0	
Sodium (mg)	15.0	1
Carbohydrates (g)	65.0	22
Dietary Fiber (g)	25.5	102
Total Sugars (g)	8.0	
Protein (g)	23.5	47
Calcium (mg)	55.0	6
Iron (mg)	4.4	25
Potassium (mg)	981.0	28
Zinc (mg)	3.0	20
Vitamin A - IU (IU)	149.0	3
Vitamin C (mg)	1.8	3
Thiamin (mg)	0.7	48
Riboflavin (mg)	0.2	13
Niacin (mg)	2.9	14
Vitamin B-6 (mg)	0.2	9
"Folate, total (mcg)"	274.0	69

Compiled from the data provided by USDA database and ESHA Genesis SQL software

	ml	g	ozs	cal
1 cup pea flour	235	139	5	507
1 Tbls pea flour	14	8	0	30

"Results may vary by moisture, temperature and particle size of pea flour."

FAULT-FREE AND "GREEN."

Pea flour and its derivatives let food processors tap into growing consumer awareness about what constitutes a "healthy" product. This ingredient is tailor-made for low-fat or fat-free formulas that are also GMO-free, non-allergen, gluten-free and cholesterol-free. And, few other ingredients can claim to be as environmentally healthy. Pulse plants such as peas use less water and require no chemical fertilizer. In fact, they actually replenish natural soil nitrogen as they grow, improving the soil in the process. This low energy use is why pulses such as peas are called a "magical crop," as healthy to grow as they are to eat, and perfect for products with a "green" story to tell.

THE FUNCTIONAL, PRACTICAL "PULSE."

These are challenging times for bakers and snack-makers. The daily barrage of headlines about obesity, heart disease and diabetes has Americans hungry to feel good about what they eat. Yet they still demand great taste and convenience. Now you can satisfy this new appetite for the delicious and nutritious by harnessing the power of pulses. Indeed, food scientists are discovering that these natural legumes seeds are also highly functional ingredients.

Roasted pea flour is a prime example. Made from milled yellow peas, pea flour and its components let you create healthier products with traditional appeal. Loaded with fiber and high quality protein, roasted dry pea flour is suitable for a wide range of food product applications. Its mild, toasty flavor benefits a wide range of bakery goods. Non-allergen and gluten-free, with a low-glycemic index, it's also tailor-made for specialty bakery products.

"Pulses are as healthy to grow as they are to eat."

"PEA'RFECT" FIBER AND PROTEIN SOLUTION.

Adding roasted pea flour to your ingredient mix is an instant way to enrich the fiber and protein content of snack bars, pasta, breads and other baked goods without altering appearance, taste or texture. And it's economical, especially when compared to fiber-fortifying gums or soy protein products. Light golden in color, yellow pea flour comes roasted and/or steam-treated depending



“Create tasty, high-fiber crackers with double the protein and half the fat.”

upon the functional attributes desired. This pre-cooking process gives pea flour superb stability with longer shelf life and flavor.

Yellow pea flour contains 25-27% all-natural dietary fiber—both soluble and insoluble. Although some products will accept 30% or more without formula changes, adding just 7% to your recipe can boost fiber by 1.4 grams. In fact, every 10 grams or ¼ cup of pea flour hikes both protein and dietary fiber by a hefty 2.5 grams. That same ¼ cup also delivers 8 grams of natural, high quality all-vegetable protein. Rich in lysine, with twice the protein (22.8%), pea flour has an amino acid profile that complements cereal grains.

A FOLATE FORTRESS.

When added to your baked good formulas, pea flour can significantly

reduce the need for additional folate fortification. Typical of all legumes, pea flour is a natural and substantial source of this crucial B vitamin as well as zinc. And, if it's a specific attribute you're after, concentrated fractions of pea fiber, protein and starch are also commercially available.

NOT YOUR TYPICAL LOW-FAT FLAVOR ENHANCER.

Besides enriching fiber and protein, precooked pea flour is an excellent way to improve flavor attributes in a variety of baked goods. Low in fat (2.5%), and highly unsaturated at that, pea flour has no cholesterol, yet gives low-fat products structure and vital nutritional value. High in slowly digestible starch and resistant starch, both contribute to pea flour's low glycemic index, making it an anti-obesity weapon and valuable food ingredient for diabetics and those at risk for diabetes and heart disease.

STABLE, SAFE AND PURE.

With stability comparable to wheat flour, precooked pea flour is microbially safe with low aerobic plate counts (300-600 CFU/g). U.S.-grown peas make excellent roasted pea flour as they have low levels of foreign matter, are dried naturally in the sun, and harvested only when completely mature. Pea flour can be stored at ambient temperature for at least three months with no color loss, oxidation or off flavors. When kept cool (under 80 degrees F) and dry, a one-year shelf life can be expected.



“Valuable food ingredient for diabetics.”



YELLOW PEA FLOUR (ROASTED)

Roasted yellow pea flour is well-suited for making more nutritious flatbreads, tortillas, pita breads, crackers, cookies, energy bars and extruded snacks. Increase dough yield, firmness and texture in the process.

Isn't it time for a healthier burger bun? By adding 30% pea flour to a conventional commercial formula and then optimizing for moisture, U.S. food technologists created a delicious burger bun with 4 grams of fiber, 7 grams of protein and traditional taste, texture and appearance. (See www.northernpluse.com for recipe). Pea flour is a great way to enhance fiber and protein in all sorts of quick breads, rolls and buns.

Gluten-free breads, cookies and high protein pastas are just some of the innovative pea flour food products making their way on to grocery shelves. Indeed, pea flour is a great way to add structure and enhance nutrition of products made with other gluten-free ingredients such as rice, tapioca or potato starches.

NEUTRAL COLOR AND FLAVOR.

Roasted pea flour is an excellent flavor carrier and flavor improver. Breakfast bars containing up to 30% pea flour deliver great taste in a nutritional template of high fiber, vegetable protein, oligosaccharides, isoflavones, zinc, selenium and resistant starch.

Crisp, crunchy texture potential. Create tasty, high fiber crackers with double the protein and half the fat.

Yellow pea flour is stabilized by roasting and/or steam pre-cooking. Either process partially gelatinizes starch, denatures protein and inactivates enzymes to increase shelf life. Because of its high absorption properties, additional moisture is warranted in some formulations. Expect minimal non-enzymatic browning and oil absorption when frying. (See recipes for a delectable, fiber-enriched doughnut and other great products at www.northernpluse.com). Dry or wet milling processes produce different purities in pea flour fractions, each with applications suitable to specific food matrix functions.

PEA FIBER

Pea fiber fractions offer bakers a natural, more economical and nutritious alternative to gums. While enhancing dough yield, pea fiber fortification can also modify texture, create a full-bodied mouth feel, improve uniformity and consistency of and reduce breakage in bars and cookies. Traditionally derived from the hull portion the seed, pea fiber is 85% soluble and 15% insoluble. Its high (20:1) water binding capacity, fat absorption and dough

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THE PEA FLOUR TOP TEN

- FIBER ENRICHMENT
- PROTEIN ENRICHMENT
- FOLATE ENRICHMENT
- HIGH LYSINE
- LOW-FAT
- NON-GMO
- GLUTEN-FREE
- CHOLESTEROL-FREE
- NON-ALLERGEN
- LOW GLYCEMIC INDEX



conditioning properties make pea fiber great for granola bars, pasta and many baked products. Particularly well-suited for low-fat or color-sensitive applications, pea fiber increases wheat flour's water absorption and is easily substituted for up to 25% of wheat flour in cakes, cookies and muffins, to create products with up to 4 grams of fiber per serving.

Better than bran. Substitute 50% pea fiber to create a lemon blueberry muffin with half the calories, a third of the sugar, a fifth of the sodium and 2 grams more fiber than a comparable raisin bran muffin. Developed by Canadian food scientists, the lemon blueberry (pea fiber) muffin delivered 8 grams of fiber and still earned a taste panel thumbs up!

Proprietary processes for producing insoluble pea fiber from the seed's interior are also available. The resulting white 70% fiber powder has emulsifying and gelling properties that make it especially useful for enriching white bakery products without affecting color or flavor.

PEA PROTEIN

FORTIFY PROTEIN IN BREAD, PASTAS AND NUTRITIONAL BARS.

Pea protein concentrates and isolates are functional, bio-available and loaded with lysine. Pea protein concentrates and isolates are an economical, non-allergen and non-GMO alternative to soy flour. Protein isolates (85% P) and concentrates

(55%-60%P) are highly soluble with excellent water-holding capacity, give structure to gluten-free products, and create satisfying but nutritious snacks because of their expansion and extrusion potential. Pea protein's promising potential as an egg replacer is currently being explored.

PEA STARCH

IMPROVE CRISPNESS, LOAF VOLUME AND APPEARANCE.

With more than 98% purity, pea starch isolates have excellent gel strength and a bland taste. Especially well-suited for cookies and crackers as well as Asian-style noodles, they also contribute to increased volume and expansion in extruded products and puffed snacks. Pea starch makes an excellent low-glycemic ingredient.

HOP ON THE FIBER LABELING BANDWAGON.

FDA's Nutrient Content Claims on dietary fiber allow a "Rich," "High" or "Excellent Source" of fiber claim when your product delivers 5 grams or more fiber per serving. Use a "Good" source of fiber claim for products with 3 grams to less than 5 grams of fiber per serving. Consult FDA guidelines for more specific information prior to making label claims.

To find the following exciting pea flour recipes, visit www.northernpulse.com

	Dietary Fiber/Serving	Protein/ Serving
Bagel	3 g	7 g
Brownie	1 g	2 g
Buttermilk pancake	2 g	4 g
Carrot muffin	4 g	4 g
Doughnut	3 g	5 g
Ginger cookie	1 g	2 g
Burger bun	4 g	7 g
Pan bread	2 g	4 g
Tortilla	3 g	7 g
Whole wheat bread	4 g	5 g

 **USA Dry Pea & Lentil Council**
www.pea-lentil.com

 **Northern Pulse Growers Association**
www.northernpulse.com

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 Northern Pulse Growers Association



yellow pea products

Pea Flour

Flours and powders available

Organic, kosher, and halal available

Roasted or steam-treated for stability

Attributes

- Fiber and protein enrichment
- Neutral color
- Excellent flavor carrier
- Folate, Zinc enrichment

Food Product Applications

- Breads, pastas, breakfast bars
- Flat breads, pitas, rolls, doughnuts, buns, crackers
- Gluten-free bakery products
- Extruded products, meat products

Pea Fiber

Yellow pea fraction

Outer hull and inner fiber products available

Organic, kosher, and halal available

Attributes

- Fiber fortification
- Economical gum alternative
- Modify texture
- Improve uniformity
- Reduce breakage

Food Product Applications

- Nutrition bars
- White breads, bagels, muffins, cookies, cakes, tortillas
- Low-fat applications
- Pasta, meat products
- Soups, vegetarian foods
- Ready-to-eat meals

Pea Protein

Yellow pea fraction

Dry-milled concentrates

Wet-milled isolates

Attributes

- High-lysine
- Non-allergen, non-GMO
- Economical alternative to soy
- Soluble, excellent water-holding capacity
- Enhanced structure, nutrition

Food Product Applications

- Breads, dressings
- Nutrition bars, snacks
- Pasta, soups, seafood, meats
- Gluten-free, vegetarian
- Baby food, meal replacement beverages

Pea Starch

Yellow pea fraction

Dry or wet-milled products available

Resistant and slowly digestible starch

Attributes

- Improve crispness, volume, appearance
- Excellent gel strength
- Bland taste

Food Product Applications

- Cookies, crackers
- Breakfast bars, snacks
- Extruded products
- Noodles



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www.northernpulse.com

Pea Tortillas

Ingredient List	Amount (Baker's %)
High-gluten bread flour	100.0
Precooked yellow pea flour	20.0
Shortening	12.2
Salt	1.8
Baking powder	1.5
Water	57.0

Processing

Mix ingredients for 6-7 minutes
Rest dough for 10 minutes
Cut, mold and bake for 1.2 seconds in tortilla maker
Bake sheeted tortilla for 2 minutes at 550°F

Serving size: 1 tortilla (75 g)

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 (75g)

Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 360mg	15%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • 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

Nutrition Facts

Serving Size (56g)

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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Pea Carrot Muffins

Ingredient List	Amount (Baker's %)
All-purpose wheat flour	100.0
Precooked yellow pea flour	300.0
Cooking oil	285.0
Sugar	296.0
Eggs	228.0
Vanilla	5.2
Carrot	296.0
Baking soda	11.1
Salt	6.5
Cinnamon	2.9
Pecans	57.0
Raisins	57.0
Pineapple	57.0

Processing

Mix all ingredients until well incorporated
Pour into muffin cup and top with chopped pecans
Bake for 22-23 minutes at 350°F

Serving size: 1 muffin (62 g)

Nutrition Facts

Serving Size (62g)

Amount Per Serving		Calories from Fat 120	
Calories 220			
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 230mg			10%
Total Carbohydrate 25g			12%
Dietary Fiber 4g			16%
Sugars 14g			
Protein 4g			
Vitamin A 40% • Vitamin C 2%			
Calcium 2% • 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			

Pea Pan Bread

Ingredient List	Amount (Baker's %)
High-gluten bread flour	100.0
Precooked yellow pea flour	30.0
Shortening	7.8
Salt	1.9
Instant yeast	1.4
Sugar	7.8
Emplex ^a	0.7
Water	81.1

Processing

Mix to optimum dough development for 5-6 minutes
Scale dough, round, and let rest 10 minutes
Mold the dough and proof for 80 minutes at 35°C and 85% RH
Bake for 22-24 minutes at 400°F

Serving size: 1 slice (44 g)

^aAmerican Ingredients. Contains sodium stearoyl lactylate.

Nutrition Facts

Serving Size (44g)

Amount Per Serving		Calories from Fat 20	
Calories 120			
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 22g			7%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 4g			
Vitamin A 0% • Vitamin C 2%			
Calcium 2% • Iron 2%			
*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			

Pea Whole Wheat Hearth Bread

Ingredient List	Amount (Baker's %)
Whole wheat flour	100.0
Precooked yellow pea flour	5.0
Shortening	6.0
Salt	1.5
Vital wheat gluten	4.0
Emplex ^a	0.5
Milled Flaxseed	4.0
Water	72.0

Processing

Mix to optimum dough development for 4-6 minutes
Scale dough, round pieces, and let rest for 10 minutes
Bake for 22-24 minutes at 400°F

Serving size: 1 slice (44 g)

^aAmerican Ingredients. Contains sodium stearoyl lactylate.

Nutrition Facts

Serving Size (44g)

Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

*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

Pea Hamburger Buns

Ingredient List	Amount (Baker's %)
High-gluten bread flour	100.0
Precooked yellow pea flour	30.0
Shortening	6.0
Salt	1.5
Instant yeast	1.2
Sugar	1.5
Dry milk	1.0
Emplex ^a	0.5
Water	67.0

Processing

Mix to optimum dough development for 6-7 minutes
Scale dough, round pieces
Proof for 60 minutes at 31°C and 75% RH
Bake for 18-19 minutes at 400°F

Serving size: 1 bun (74 g)

^aAmerican Ingredients. Contains sodium stearoyl lactylate.

Nutrition Facts

Serving Size (74g)

Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • 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