

Pulse Fortified Cracker

Ingredients	%
Water	29.1
Wheat Flour - Purpose (10-12% protein)	28.5
Deflavoured Pulse Protein (Pea or Faba Bean)	28.5
Canola Oil	9.1
Yeast	1.6
Salt	1.1
Sugar	0.9
Baking Powder	0.7
Garlic Powder	0.3
Onion Powder	0.3

Procedure

- Sift all dry ingredients together
- Add water and oil, and knead until a smooth dough is formed
- Proof at 45°C at 75%RH for 1 h
- Sheet with pasta roller
- Start from gap 0 and work to 4
- Fold the dough in half at least once at each gap
- Sheet the dough until smooth before changing to the next gap
- Cut out and dock the crackers (1.5" X 1.5")
- Bake at 180°C for 20 min

Nutrition Facts

Serving size	(100g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 720mg	31%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 5mg	30%
Potassium 879mg	20%

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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