

Gluten - Free Cheese Cracker

Ingredients	%
Deflavouring Pulse Flour V-6000 (Pea or Faba Bean)	31.8
Cheddar Cheese	30.5
Water	26.5
Deflavouring Pulse Protein (Pea or Faba Bean)	6.4
Baking Powder	1.6
Salt	1.1
Sugar	1.1
Onion Powder	1.1

Procedure

- Blend the cheddar cheese and some of the water in a food processor until a uniform paste is formed
- Sift together all dry ingredients
- Add the dry ingredients into food processor and mix to a sand-like texture
- Transfer the crumbs into a stand mixer
- Add the remaining water and blend until a uniform dough is formed
- Sheet the dough and make cut-outs
- Bake crackers at 150°C for 10 min

Nutrition Facts	
Serving size	(100g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1190mg	52%
Total Carbohydrate 47g	17%
Dietary Fibre 8g	29%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 2mg	10%
Potassium 270mg	6%

*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:

foodEMEA@univar.com | univarsolutions.com

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