

CANADIAN DRY PEAS



Unique Attributes and Nutritional Advantages

- High in fiber (~20%)
- High in protein (~2 x higher than cereals)
- Low fat (~2 %)
- High in minerals and vitamins
- Gluten-free
- Low glycemic index
- Low allergenicity
- Non-GMO
- Environmental benefits

Whole Yellow Peas

Nutritional Information*

Per 100 g dry

Amount	% Daily Value
Fat 1.2 g	2%
Carbohydrates 64.4 g	22%
Total Fiber 14.7 g	59%
Insoluble Fiber 13.1 g	
Soluble Fiber 1.57 g	
Sucrose 2.6 g	
Protein 23.3 g	
Calcium 81 mg	8%
Iron 6 mg	33%
Potassium 1230	35%
Vitamin C 0.55 mg	1%
Thiamin 0.51 mg	34%
Riboflavin 0.18 mg	11%
Niacin 1.55 mg	8%
Vitamin B6 0.05 mg	3%
Folate 33.8 mcg	9%

Whole Green Peas

Nutritional Information*

Per 100 g dry

Amount	% Daily Value
Fat 1.4 g	2%
Carbohydrates 64.8 g	22%
Total Fiber 16.3 g	65%
Insoluble Fiber 14.6 g	
Soluble Fiber 1.71 g	
Sucrose 3.0 g	
Protein 23.3 g	
Calcium 74.4 mg	7%
Iron 5.9 mg	33%
Potassium 1080 mg	31%
Vitamin C 0.55 mg	1%
Thiamin 0.51 mg	34%
Riboflavin 0.18 mg	11%
Niacin 1.55 mg	8%
Vitamin B6 0.05 mg	3%
Folate 35.5 mcg	9%

*References: 1) Wang and Daun, 2004. J Sci Food Agric 84: 1021-1029; 2) Centre for Agri-Industrial Technology and Alberta Agriculture, Food and Rural Development, 2005. Development of a Compositional Database for Alberta Pulse Crops; 3) Wang, 2004. The Chemical Composition and Nutritive Value of Canadian Pulses. www.pulsecanada.com; 4) Wang, 2005. Quality of Western Canadian pulse crops-2005. Canadian Grain Commission, www.graincanada.gc.ca; Daily Values obtained from Health Canada. 5) Canada Grain Commission, 2008. Data not published.

CANADIAN PEA PRODUCTS



Dry Yellow and Green Peas

- Whole or split forms available
- Available organic, kosher, halal
- Available pre-cooked

- Soak whole peas prior to cooking for 1 to 1.5 hours
- Split peas cook in 45–60 minutes without prior soaking
- For purée: cook 45–50 minutes

Food Product Applications

- Excellent in soups
- Can be roasted to produce a crunchy nut-like snack
- Pea purées can be added to food product formulations



Pea Flour

- Various flour or powder granulations available from yellow and green peas
- Available organic, kosher, halal
- Available pre-cooked

- Hydrate pea flour to make pastes and purées for use in various food applications including meat products and baked goods

Food Product Applications

- Breads, pastas, cereal products
- Extruded products
- Gluten-free applications



Pea Fiber

- Produced from yellow peas
- Outer hull and inner fiber products available
- Available organic, kosher, halal

Food Product Applications

- Nutrition bars
- Bakery applications (white breads, bagels, tortillas, cookies, muffins)

- Pasta
- Meat applications
- Vegetarian foods
- Ready-to-eat meals
- Soups



Pea Protein

- Protein concentrates and isolates made from yellow peas
- Concentrates produced by dry-milling
- Isolates produced by wet-milling

Food Product Applications

- Nutrition bars
- Meal replacement beverages
- Baby food formulations
- Vegetarian applications

- Pasta
- Meat and seafood products
- Breads
- Dressings



Pea Starch

- Produced from yellow peas by a dry or wet-milling process

Food Product Applications

- Extruded products
- Breakfast or snack foods
- Noodles

... HIGH QUALITY CANADIAN INGREDIENTS. www.pulsecanada.com

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