



Canadian Pulses

- Pulses is the term used for the edible seeds of legumes (plants with a pod), which include:
 - Dry peas
 - Dry beans
 - Lentils
 - Chickpeas
- Canada grows yellow and green peas, red and green lentils and desi and kabuli chickpeas. Canada also produces over a dozen different types of beans including white pea bean (navy bean), pinto, cranberry, black, dark red kidney, light red kidney, great northern, dutch brown, pink and small red. Small quantities of Azuki, Kintoki and Otebo beans are also grown.
- Pulses are rich in protein and fibre and contain high levels of vitamins and minerals such as folate and iron.
- Whole and dehulled split pulses can be milled into flour and incorporated into a variety of processed foods to enhance the nutritional content of the product.



Yellow Peas



Green Lentils



Kabuli Chickpeas



Pinto Beans



Pasta Enriched with Pulse Flour

Product Description

- Pasta enriched with pulse flour is made using a blend of 10-30% pulse flour with Canadian Western Amber Durum (CWAD) wheat semolina.



- Both whole and split pulse flours deliver enhanced nutritional content to pasta.
- Addition of pulse flours requires a slight adjustment to the amount of water added to the formulation.

Nutrition Content of Pasta Enriched with Pulse Flour (85 g serving size)

	100% Durum Wheat Semolina	10% Pea Flour	10% Lentil Flour	10% Chickpea Flour	10% Bean Flour
Protein (g)	13.4	15.3	15.3	15.0	14.1
Fibre (g)	2.6	3.3	3.1	3.2	4.4
Iron (mg)	3.0	3.1	3.3	3.2	3.4
Folate (µg)	36.6	56.2	73.6	79.8	66.4

For more information please contact:

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