



Nutritional Fact Sheet

Peas, Sweet Green

Ingredients: Dehydrated Peas.

Description & Directions: Fresh, mature, peas are washed, inspected, blanched, and dried to specifications. Rehydrate in boiling water for 15-20 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:4.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	48g (app. 1/3 cup)
Energy (Calories)	364	174.72
Total Fat	1.8g	0.864g
Saturated Fat	0.42g	0.2016g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	22mg	10.56mg
Total Carbohydrates	64.93g	31.1664g
Dietary Fiber	9.43g	4.5264g
Sugars	25.2g	12.096g
Protein	24.29g	11.6592g
Vitamin A (IU)	3060	1468.8
Thaimin-B1	1.19mg	0.5712mg
Riboflavin	0.59mg	0.2832mg
Niacin	9.38mg	4.5024mg
Vitamin B-6	0.76mg	0.3648mg
Vitamin C	179.6mg	86.208mg
Calcium	112mg	53.76mg
Iron	6.6mg	3.168mg
Phosphorus	485mg	232.8mg
Potassium	1096mg	526.08mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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