



Nutritional Fact Sheet

Split Peas

Ingredients: "True Dehydrated" Split Peas

Description & Directions: Our all natural legumes are dehydrated using a patented process. To prepare, add 2-3 parts water to 1 part of product. No sorting, cleaning, or soaking is necessary. Simmer until desired tenderness (approximately 7-10 minutes).

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	36g (app. 1/4 cup)
Energy (Calories)	370	133.2
Total Fat	2.1g	0.756g
Saturated Fat	0.1g	0.036g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	15mg	5.4mg
Total Carbohydrates	62g	22.32g
Dietary Fiber	17g	6.12g
Sugars	3g	1.08g
Protein	26g	9.36g
Vitamin A (IU)	0	0
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	45mg	16.2mg
Iron	4.1mg	1.476mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

www.harmonyhousefoods.com