

Directions: Add at least 1 cup water for each 1/4 cup of mix. Simmer 10-15 minutes, or soak till soft. Season, and enjoy! *May also use slow cooker.*

NUTRITION FACTS	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 6	
Amount Per Serving	
Calories 83	Calories from Fat 4
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Sugars 2g	
Protein 5g	10%
Vitamin A 34% * Vitamin C 5% *Calcium 2% * Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Split Pea Soup Mix — Lot# 1404	

Ingredients: Dehydrated green split peas, onion, carrots, potato (freshness preserved with sodium bisulfite).

Try them all!

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