



Nutritional Fact Sheet

Freeze-Dried Green Peas

Ingredients: Freeze-Dried Green Peas

Description & Directions: Freeze-Dried Green Peas are ready to eat or use in quick cooking dishes. 1 pound of freeze-dried peas replaces 5 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

| Nutrient | Per 100 Grams Dry |
|--------------------|-------------------|
| Calories | 364.00 kcal |
| Protein | 24.36 g |
| Total Carbohydrate | 42.02 g |
| Sugars | 25.48 g |
| Added Sugars | 0.00 g |
| Dietary Fiber | 22.92 g |
| Total Fat | 1.8 g |
| Saturated Fat | 0.32 g |
| Cholesterol | 0.00 mg |
| Vitamin C | -- mg |
| Vitamin D | 0.00 mcg |
| Calcium | 113.5 mg |
| Iron | 6.68 mg |
| Potassium | 1108.04 mg |
| Sodium | 22.00 mg |
| Trans Fat | 0.00 g |