



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)	364.00	174.72
Total Fat	1.80g	0.86g
Saturated Fat	0.42g	0.20g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	22.00mg	10.56mg
Total Carbohydrates	64.93g	31.17g
Dietary Fiber	9.43g	4.53g
Sugars	25.20g	12.10g
Protein	24.29g	11.66g
Vitamin A (IU)	3060.00	1468.80
Thaimin-B1	1.19mg	0.57mg
Riboflavin	0.59mg	0.28mg
Niacin	9.38mg	4.50mg
Vitamin B-6	0.76mg	0.36mg
Vitamin C	179.60mg	86.21mg
Calcium	112.00mg	53.76mg
Iron	6.60mg	3.17mg
Phosphorus	485.00mg	232.80mg
Potassium	1096.00mg	526.08mg

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