



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)	370.00	133.20
Total Fat	2.10g	0.76g
Saturated Fat	0.10g	0.04g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	15.00mg	5.40mg
Total Carbohydrates	62.00g	22.32g
Dietary Fiber	17.00g	6.12g
Sugars	3.00g	1.08g
Protein	26.00g	9.36g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	0.00mg	0.00mg
Calcium	45.00mg	16.20mg
Iron	4.10mg	1.48mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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