

NUTRITION FACTS			
Serving S	** servings per co Size 1/4 cup dry (3		
Amount per Serving			**Servings per
Calories		100	container will vary
		%Daily Value*	depending on package
Total Fat	1 g	1 %	size.
Saturated Fat	0 g	0 %	1 lb. = about 13
Trans Fat	0 g		2 lb. = about 26
Cholesterol	0 mg	0 %	4 lb. = about 52
Sodium	0 mg	0 %	
Total Carbohydrate	21 g	8 %	
Dietary Fiber	7 g	26 %	
Total Sugars	<1 g		
Includes	0 g Added Sugar	rs 0 %	
Protein	8 g		
Vitamin D	0 mcg	0 %	
Calcium	0 mg	0 %	
Iron	1.4 mg	8 %	
Potassium	250 mg	6 %	
*The % Daily Value (DV) tells you how muc	h a nutrient in a serving of	food contributes to a daily diet. 2,000	
Ash 2	.41%	Moisture 11.68%	

PREPARATION INSTRUCTIONS

Peas are a natural agricultural product. Despite the use of modern cleaning equipment, it is not always possible to remove all foreign material. Carefully sort and rinse peas before cooking.

Peas require no soaking. In a large pot, for each pound of peas (about 2 cups) add 6-8 cups hot water. Simmer gently with lid tilted until desired tenderness is reached, about 20-30 minutes.

SHIPPING/STORAGE REQUIREMENTS

Ship in dry, ambient temperature trucks or containers. Product may be stored for long periods of time under proper conditions without substantial deterioration. It should be warehoused in a clean, cool, dry place away from strong odors. However, like most grain products, this is subject to infestation and other pests if not properly protected. To ensure protection against insects and other pests, we recommend a maximum storage period of 6 months as ideal for store shelf freshness.