

PEA, GREEN SPLIT DRY RAW

Green Split Peas



Product Last Saved Date:04 March 2016

Nutrition Facts

Serving Size: .25 CU

Number of Servings per Package: 181

Amount Per Serving

Calories: 170.5 Calories from Fat: 5.22

% Daily Value*

Total Fat	58 g	1%
Saturated Fat	.08 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	7.5 mg	0%
Total Carbohydrate	30.18 g	10%
Dietary Fiber	12.75 g	52%
Sugars	4 g	
Protein	12.27 g	

Vitamin A	Per Srv	2%	Vitamin C	Per Srv	2%
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Calcium	2%	Iron	10%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
GSP1020100	005985	00072769201110	1 X 20 LB	

Brand	Brand Owner	GPC Description
C&F FOODS	C & F FOODS INC	Vegetable Based Products – Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.75 LB	20 LB	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9 IN	7.375 IN	10.9375 IN	0.4201 CF	4x25	365 Days	40 FA / 70 FA

Ingredients:

green split peas

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	Nuts - NI

Handling Suggestions:

Cool dry storage conditions less than 70 degrees

Benefits:

Popular in the United States, Green Split Peas are used mostly for Pea Soup and salads. They are quite smooth and have a bright green color

Serving Suggestions:

"Erwtensoeep", Dutch version of split pea soup, is served usually with golden crisp dumplings, makes an excellent entrée.

Prep & Cooking Suggestions:

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.

More Information: