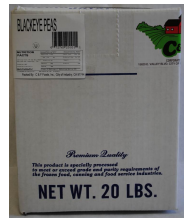


PEA, BLACK-EYED DRY RAW

Blackeye Peas



Product Last Saved Date:04 March 2016

Nutrition Facts

Serving Size: .25 CU

Number of Servings per Package: 192

Amount Per Serving

Calories: 157.92 Calories from Fat: 5.33

% Daily Value*

Total Fat	.59 g	1%
Saturated Fat	.16 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	7.52 mg	0%
Total Carbohydrate	28.21 g	9%
Dietary Fiber	4.98 g	20%
Sugars	3.24 g	
Protein	11.05 g	

Vitamin A	Per Srv	0%	Vitamin C	Per Srv	2%
Calcium	6%		Iron	20%	

*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

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
BEP1020100	205205	00072769201011	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	TlxHI	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:

black eyed 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:

Medium sized thin skinned, savory and robust yet with a sibty earthy, creamy white in color slightly kidney shaped and plump with and irregular very dark purple circle formed on the ridge

Serving Suggestions:

Famous in southern cuisine, Black Eye Peas are the base of the famous Hoppin' John, a dish made, ham, green peppers, rice, onions and spices. Tradition for New Years good luck

Prep & Cooking Suggestions:

1 cup of beans, add 6 cups water to drained and rinsed beans. Simmer gently with a lid until desired tenderness is reached, about 1-2 hours. Add salt and pepper to taste.

More Information: