

Peas

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| Servings: | 200.00 |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | Same Day Service |

Peas

Nutrition Information

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| Calories | 97.74 | Protein | 4.66g |
| Fat | 2.37g | SaturatedFat | 1.14g |
| Trans Fat | 0.00g | Cholesterol | 4.87mg |
| Carbohydrates | 14.46g | Fiber | 3.49g |
| Sugar | 6.99g | Sodium | 177.63mg |
| Iron | 1.68mg | Vitamin C | 13.97mg |
| Vitamin A | 414.26IU | Calcium | 23.29mg |

Ingredients

945 Fluid Ounce PEAS R/SOD 6-10 P/L
2 Cup BUTTER PRINT SLTD GRD AA 36-1# GFS
1/2 Cup SPICE ONION POWDER 19Z TRDE
2 Teaspoon Black Pepper

BAKE

Preparation Instructions

Wash off tops of cans. In 2 stock pots add 2 cans with juice and 2 cans drained. Take the 9th can and drain and split between the 2 pots.

In each pot add 1/2 stick of school butter, 1 tsp of black pepper and 1/4 cup of onion powder.

Bring to a boil and simmer for about an hour. Place in steam table.