

Peas

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

Peas

Nutrition Information

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.