

# Frozen Peas

<b>Servings:</b>	200.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Frozen Peas

## Nutrition Information

<b>Calories</b>	65.67	<b>Protein</b>	3.53g
<b>Fat</b>	1.79g	<b>SaturatedFat</b>	1.14g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	4.87mg
<b>Carbohydrates</b>	8.96g	<b>Fiber</b>	2.82g
<b>Sugar</b>	2.82g	<b>Sodium</b>	85.23mg
<b>Iron</b>	0.76mg	<b>Vitamin C</b>	4.24mg
<b>Vitamin A</b>	347.42IU	<b>Calcium</b>	0.00mg

## Ingredients

**768 Fluid Ounce** PEAS GREEN 6-4 GFS  
**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

In 2 stock pots add the peas, butter, onion powder and black pepper. Add 2 quarts of water.

Bring to a boil and simmer. Place in steam table and serve w/1/2 cup spoodle.