

Canned Peas

NO IMAGE

Servings:	200.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	945 Ounce		222000
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Cup		191205
SPICE ONION POWDER 19Z TRDE	1/2 Cup		126993
Black Pepper	2 Teaspoon	BAKE	24108

Preparation Instructions

Wash off tops of 9 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.

Within an hour bring to a boil, then reduce heat and cover and hold on stove or steam table. Holding temperature of 165 degrees or above.

Serve with 1/2 cup spoodle.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00

OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
Calories	98.69		
Fat	2.35g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	4.80mg		
Sodium	179.78mg		
Carbohydrates	14.66g		
Fiber	3.54g		
Sugar	7.09g		
Protein	4.73g		
Vitamin A	367.18IU	Vitamin C	14.18mg
Calcium	23.63mg	Iron	1.70mg