

Peas

NO IMAGE

Servings:	154.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF	32 3/13 Pound		285660
BUTTER PRINT SLTD GRD AA	10 3/4 Ounce		191205
SEASONING GARLIC HRB NO SALT	3 Fluid Ounce 1 1/6 Tablespoon (7 1/6 Tablespoon)	Can use any salt-free seasoning	565164

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 154.000

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.04		
Fat	1.57g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	4.27mg		
Sodium	12.81mg		
Carbohydrates	9.52g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available