

# Peas

NO IMAGE

<b>Servings:</b>	154.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 154.000

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available