

Seasoned Peas

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32488
School:	Knox High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
SEASONING GARLIC PEPR	1 Tablespoon		655252

Preparation Instructions

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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	64.29		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.39mg		
Carbohydrates	11.41g		
Fiber	4.15g		
Sugar	4.15g		
Protein	4.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available