

Black-Eyed Peas



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS BLACK-EYED FCY	1/2 Cup	Standard Prep: Open can and pour in hotel pan. Heat at 350 degrees until it reaches 165 degrees.	202507

Preparation Instructions

Standard Prep: Open can and pour in hotel pan. Heat at 350 degrees until it reaches 165 degrees.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	100.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	450.00mg
Carbohydrates	18.00g
Fiber	3.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.40mg

Nutrition - Per 100g

No 100g Conversion Available