

Peas

NO IMAGE

Servings:	211.000	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	44 1/6 Pound		285660
BUTTER PRINT SLTD GRD AA	14 5/7 Ounce		191205
SEASONING GARLIC HRB NO SALT	9 13/16 Tablespoon	Can use any salt-free seasoning	565164

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 211.000

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available