



**Grains and
Vegetables**

Whole Dried Field Peas

Fresh field peas which are washed, sorted, blanched, and dehydrated.
Rehydration ratio 1:6

Appearance: Green to dark green, minimal off-color pieces
Flavor: Fresh, typical of peas
Texture: Tender, typical of peas
Odor: Typical of peas
E. Coli: Negative in 1 gram
Salmonella: Negative in 25 grams

All ingredients are 100% pure and natural.

Nutritional Data per 100 grams:

Calories	323.00kcal	Niacin Equiv.	5.45mg
Protein	19.30g	Vitamin B6	--
Carbohydrates	69.90g	Vitamin B12	0.00mcg
Sugars	--	Folate	--
Other Carbohydrates	--	Pantothenic	--
Dietary Fiber	9.30g	Vitamin C	12.00mg
Fat - Total	1.60g	Vitamin D	--
Saturated Fat	--	Vitamin E	--
Mono Fat	--	Calcium	94.00mg
Poly Fat	--	Copper	--
Cholesterol	--	Iron	7.80mg
Ash	3.20g	Magnesium	--
Water	6.00g	Manganese	--
Vitamin A (IU)	2050.00IU	Phosphorus	310.00mg
A - Retinol	0.00RE	Potassium	560.00mg
A - Carotenoid	205.00RE	Selenium	--
Thiamin - B1	0.90mg	Sodium	5.00mg
Riboflavin - B2	0.25mg	Zinc	--
Niacin - B3	5.45mg	Trans Fatty Acids	0.00g