

## Nutrition Facts

19 servings per container

**Serving size** 1/2 Cup (23g) Dry  
(about 1/2 Cup prepared)

Amount per serving

**Calories** **80**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 1mg **6%**

Potassium 220mg **4%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

11156-061417

Makes a great addition to your favorite recipes; casseroles, soups, fried rice, pea guacamole dip or as a nutritious side dish and more.

### TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Peas with water.
3. Let sit for 5 to 10 minutes.
4. Drain excess water, heat and serve.

**INGREDIENTS:** Freeze dried peas.