



Nutrition		
Servings Per Package: 26.6		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	193kJ	257KJ
Protein	3.6g	4.8g
Fat, Total	0.3g	0.4g
- Saturated	<0.1g	<0.1g
Carbohydrate	4.8g	6.4g
- Sugars	2g	2.7g
Dietary Fibre	4.9g	6.5g
Sodium	1.0mg	1.0mg
< Means Less Than		

Ingredients
Peas.



Peas

Green garden peas harvested young.

Product Specification		Shipping Information	
SKU	40009	Length	379 MM
Pack Size	6 x 2kg	Width	281 MM
Brand	Edgell®	Height	213 MM
Gross Wt	12.58KG	Shelf Life	720 days
Net Wt	12KG		
Vegetarian	Y		
Halal Certified	Y		
Vegan	Y		

Please Note: Due to formulation changes, specification information on product packaging is most current.

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
Steamer Place frozen peas in a single layer onto a perforated tray and steam for 4 minutes or until tender.	4 minutes	100°C
Stove Top / Sauté Add 200g of frozen peas to boiling water and return to boil. Simmer for 1 minute or until tender.	1 minute	100°C
Microwave Place 200g of frozen peas into a microwave-safe dish, cover and microwave on high for 3 minutes.	3 minutes	High

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