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Nutritional Information Per 100 grams Frozen as sold

Values provided are, on average, the expected content in our product. Values are from calculation and analysis.

Catalog #: V5312
Description: Green Peas

Nutrient	Content	Unit
Total Calories	79	kcal
Total Fat	0.4	grams
Saturated Fat	0.07	grams
Trans Fat	0.00	grams
Polyunsat Fat	0.18	Grams
Monounsat Fat	0.03	grams
Cholesterol	0.00	mg
Sodium	108	mg
Potassium	153	mg
Total Carbohydrates	13.62	grams
Dietary Fiber	4.5	grams
Sugars	5.0	grams
Added Sugars	0.0	grams
Protein	5.22	grams
Vit D	0.00	mcg
Calcium	22	mg
Iron	1.53	mg
Ash	0.78	grams
Moisture	79.98	grams

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Sr. Regulatory Affairs Specialist
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