

Peas

Allergens – N/A

Ingredients

Quantity	Ingredient
1kg	Peas (Primary)



Method

1. Cook as per manufactures instruction

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 66	= 1	= 0.2	= 2.6	= 0.00	= 9.4

Portion size - Primary - 50g

Reviewed April 2018