

Gingered Peas

Ingredients

Peas, green, ckd f/fzn, drained, Lime Juice, Canola Oil, Ginger, Cilantro, Poblano Pepper, Cumin.

Nutrients per serving

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size (115g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 75mg | 3% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 6g | 24% |
| Sugars 5g | |
| Protein 6g | |
| Vitamin A 50% | • Vitamin C 20% |
| Calcium 4% | • Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |