



200004C Garden Peas (Chefs Selections)



Pack Size: 4 X 2.5KG

Details: Sweet garden peas which are ready to cook from frozen.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Boil - Add frozen garden peas to boiling water. Bring the contents back to the boil. Cover the pan and simmer for approximately 3-4 minutes until tender. Season to taste.
Microwave - Place frozen garden peas into a microwave proof dish. Add 2 tablespoons of water, cover and microwave on full power for 4 minutes (800W) stirring halfway

Storage Instructions:

Keep frozen. Store below -18°C. Do not refreeze once defrosted.

Product Ingredients

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Peas (100%)

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

69 kcal / 289 kJ

Fat:

0.3 g

of which saturates:

0.1 g

Carbohydrates:

9 g

of which sugars:

3.1 g

Fibre:

4.6 g

Protein:

5.2 g

Salt:

0.1 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

