



GFS Green Peas, Grade A, IQF, 30 Lb Bag, 1/Case



Item Number: 285660



These sweet peas are harvested and individually quick frozen to ensure good flavor, color, and sweetness. Peas make a nutritious vegetable side dish, or may be used in salads and recipes of virtually every cuisine.

- Individually quick frozen ensures freshness and allows for easy product separation while frozen
- 2 to 5 sieve size

1/Case

\$29.95
\$0.06/oz

QTY

Nutrition

Based On: AP Peas, Green, IQF, GFS Rounding: On

Ingredients

Green Peas, Salt. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated October 2014. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.67 cup (89g)	
Amount Per Serving	
Calories 70	
	% Daily Value *
Fat 0g	n/a
Saturated Fat0g	n/a
Trans Fat0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 100mg	4%
Potassium	n/a
Carbohydrates 12g	4%
Fiber4g	16%
Sugar4g	
Protein 5g	10%
Vitamin A IU 8% Vitamin C 10% Calcium 0% Iron 6%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	6 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	400 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.08 mg
Manganese	n/a
Iodine	n/a

Additional Images

