

PRIDE SPLIT GREEN PEAS



Product Info

Split peas are an agricultural or culinary preparation consisting of the dried, peeled and split seeds. They are peeled, in that in addition to not being in the seed pod in which they grew, the splitting process also removes the dull colored outer skin of the pea. They come in yellow and green varieties. The peas are round when harvested and dried. Once dry, after the skin is removed, the natural split in the seed's cotyledon can be manually or mechanically separated, in part to encourage faster cooking due to increasing the surface area exposed to heat.

Split peas are high in protein and low in fat, containing only one gram of fat per 350 calories (1,500 kJ) serving. Most of the calories come from protein and complex carbohydrates. The split pea is known to be a natural food source that contains some of the highest amounts of fiber, containing 26 grams of fiber per 100 gram. Fiber is known to help the digestive system and to make people feel full and satiated.

Green and yellow split peas are commonly used to make pea soup and used in salads. It is also used most often to prepare various Indian foods but also may be used in a variety of other recipes.

320117	PEAS SPLIT GREEN PRIDE PP 50 KG	6002310008282
320288	PEAS SPLIT GREEN GENERIC PL 10 KG	-
320194	PEAS SPLIT GREEN PL 5KG	-
320137	PEAS SPLIT GREEN DRAKENSBERG PL 10 X 1 KG	6004634001567
320115	PEAS SPLIT GREEN PRIDE PL 10 X 500 GR	6002310006400


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