

PRIDE WHOLE GREEN PEAS



Product Info

Peas are an agricultural or culinary preparation consisting of the dried, peeled seeds. They come in yellow and green varieties. The peas are round when harvested and dried.

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 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 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.

320109 PEAS WHOLE GREEN PRIDE PL 10 X 500 GR 6002310006424


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