

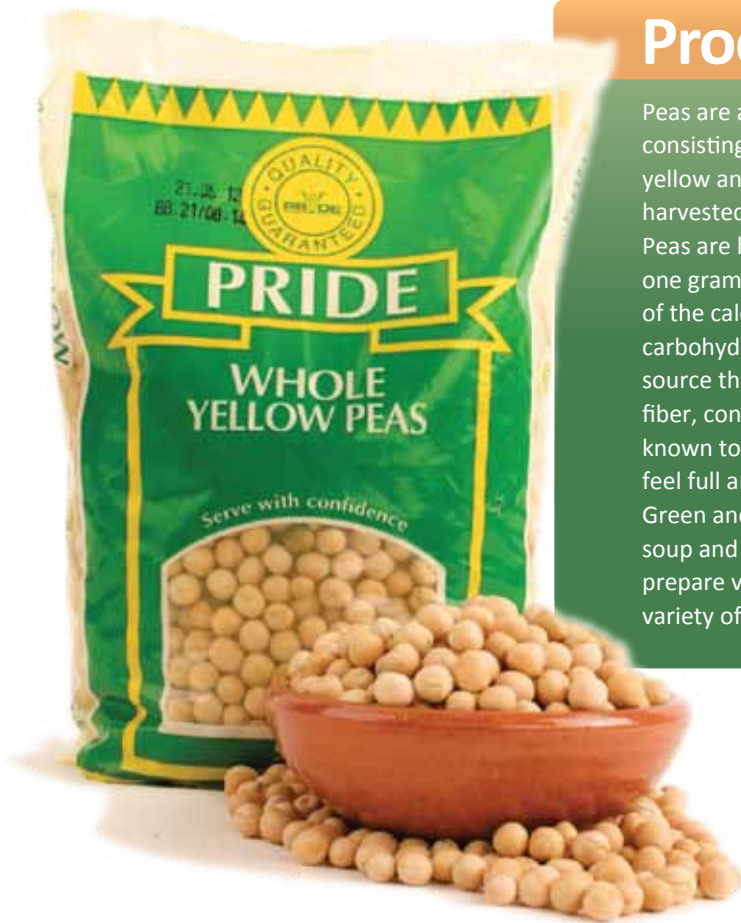
PRIDE WHOLE YELLOW PEAS

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.



320120	PEAS WHOLE YELLOW PRIDE PP 50 KG	6002310008473
320105	PEAS WHOLE YELLOW PRIDE PL 10 X 500 GR	6002310006431



PRIDE
MILLING CO. [PTY] LTD

Nigel Mill
45 First Avenue,
Vorsterskroon, Nigel,
South Africa, 1490

Phone +27 11 814 8383
Fax +27 11 814 8370
nigelmill@pridemilling.co.za
www.pridemilling.co.za