



DIRECTIONS:

For overnight soaking, cover ¼ cup of split green peas with ¾ cup of water. Let stand 12 hours, or overnight. Discard water.

For quick results, boil the water (¾ cup for each ¼ of peas). And dry split peas and boil for two minutes. Let stand for one hour. Discard the water.

To cook, use fresh water. Cover and simmer slowly until peas are tender (about two hours). Add more water if necessary. Use in soups, stews, and other recipes.

INGREDIENTS: Split Green Peas.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

SPLIT PEAS



NET WT 5 LBS 12 OZ (2.61 kg)

Nutrition Facts

Serving Size (66.9g)
Servings Per Container 39

Amount Per Serving

Calories 130 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 6g **23%**

Sugars 0g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4



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Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

DH41-0911