IQF Green pigeon peas 12/2lb

PRODUCT OF ECUADOR | **40860**

- FROZEN VEGETABLES
  - IQF VEGETABLES
    - CARIBBEAN VEGETABLE

Product Description

- Frozen shelled green pigeon peas, belonging to the Cajanus indicus species. Selected, blanched and frozen IQF.

Pack and Case Specifications

Pack Net Weight	Packs per Case
2lb	12

Case Size (LxWxH)	Case Cube	Case Gross Weight	Cases per Pallet
15.35"x 11.81"x 6.88"	0.72ft3	25.1lb	

Ingredients

GREEN PIGEON PEAS.

Physical

Yellow peas: <20%
Brown Peas: < 8%
White Peas: < 20%
Small or inmature peas: > 10%
Broken peas: > 15%
Impurities: >1%

Organoleptic

Scent: typical
Flavor: typical
Texture: soft

Nutrition

Nutrition Facts

Serving Size 1 cup (85g)
Servings Per Container about 12

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	

Vitamin A 10% • Vitamin C 20%
Calcium 6% • Iron 25%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Allergens

Cooking Directions

Hot stove
In a suitable pan, boils waters. Add 1 tablespoon of salt. Place the green pigeon peas in the boiling water. Continue boiling until simmering for 10 to 12 minutes. Drain and serve.

Certificates and Claims

Kosher

Storage and Shelf Life

Store in freezer below 0˚F (-18˚C).
Shelf life: 12 months. Do not thaw and refreeze.

UPC code

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