

YELLOW SPLIT PEAS

Nutrition Facts**Valeur nutritive**

Serving Size ½ cup (100g)

Portion ½ tasse(100 g)

Amount Teneur	% Daily value % valeur quotidienne
Calories/Calories 345	
Total Fat / Lipides 2 g	3%
Saturated Fat 0.5 g.	4%
Trans Fat 0 g	
Cholesterol/Cholesterol 0 mg.	0%
Sodium/Sodium 10 mg.	0 %
Carbohydrates / Glucides 60 g	20 %
Fibers/Fibre 25 g	100 %
Sugars / Sucres 8 g	
Protein / Proteines 22 g	
Vitamin A / Vitamine A	3%
Vitamin C / Vitamine C	0%
Calcium / Calcium	3%
Iron / Fer	20%

Ingredients : Yellow Split Peas