

Green Split Peas

Nutrition Facts

Serving Size ½ cup: (100 gm.)

Amount	% Daily Value *
Calories 350	
Fat 1.0g.	2 %
Saturated Fat 0 g.	0 %
Trans fat 0 g.	
Cholesterol 0 mg.	0 %
Sodium 2 mg.	0 %
Carbohydrate 60 g.	20 %
Fiber 17 g.	68 %
Sugar 1 g.	
Protein 20 g.	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	30%