



Fried Salted Green Peas

Nutrition Facts

Serving Size: 100g

Servings per Container: N/A

Amount per Serving

Calories 430 **Calories From Fat 90**

% Daily Value*

Total Fat 11g 17%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 311mg 13%

Total Carbohydrate 64g 21%

Dietary Fiber 7g 28%

Sugars 1g

Protein 18g

Vitamin A 0% * **Vitamin C 0%**

Calcium 7% * **Iron 32%**

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Ingredients: Green Peas, Salt, Vegetable Oil, Artificial Color (US FD&C Yellow #5 & Blue #1)