



19
SERVINGS



SHELF LIFE
30 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Peas

Nutrition Facts

Serving Size: 1/2 Cup (23g dry)
Servings Per Container: 19

Amount Per Serving		Calories 80		Calories from Fat 5	
		% Daily Value*			
Total Fat	0g			1%	
Saturated Fat	0g			0%	
Trans Fat	0g				
Cholesterol	0mg			0%	
Sodium	5mg			0%	
Total Carbohydrate	15g			5%	
Dietary Fiber	5g			21%	
Sugars	6g				
Protein	6g				
Vitamin A	15%	•	Vitamin C	70%	
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.

		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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 Carbs 4 Protein 4

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DIRECTIONS:

Yield: 1/2 cup

1. Mix 1/2 cup freeze dried peas to 1 cup of warm water.
2. Simmer for 5 minutes.

Use as a side dish, in salads, casseroles, soups, etc.

INGREDIENTS: Peas.