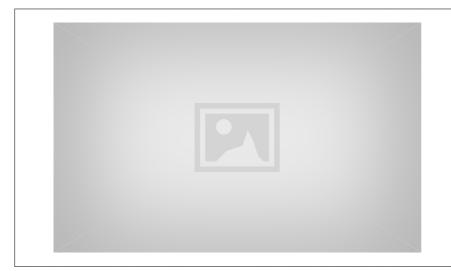


#### **El Sembrador**

### 36560 - Pigeon Peas



El Sembrador pigeon peas (gandules) are rich in vitamins, minerals, protein, fiber and antioxidents. High in potassium, magnesium, calcium, iron and phosphorus. Eat with rice or prepared in a hearty soup.



#### \* Benefits

El Sembrador Pigeon Peas, or Gandules in Spanish, are a great source of nutrition for you and your family. With a diverse source of protein, minerals, vitamins, organic compounds, dietary fiber, and antioxidants, they have a high content of potassium, magnesium, calcium, iron and phosphorus. Eaten with rice or prepared in a hearty soup, pigeon peas not only taste good, but they are good for you. Found in the frozen foods section.

Ingredients	▲ Allergens
Gandules verdes (green pigeon peas)	Free From:    Grustaceans   Gr

# **Nutrition Facts**

Servings per Container 85.0g (85g) Serving size

# Amount per serving

Calories	100
- % [	Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 18 g	7%
Dietary Fiber 7 g	25%
Total Sugars 0 g	
Includes 0 g Added Sugar	0%
Protein 5 g	-
Vitamin D 0 mcg	0%
Calcium 26 mg	2%
Iron 1 mg	6%
Potassium 250 mg	6%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

### **Handling Suggestions**

Keep frozen---

UNIT UPC: 099336002048

# Serving Suggestions

Eaten with rice or prepared in a hearty soup, makes a great meal or side.

#### Prep & Cooking Suggestions

Microwave: Place 1/2 package (7oz) in covered microwave proof casserole dish, add 2 tablespoons of water. Cook on high for 3 minutes. Stir and cook on high setting another 4 or 5 minutes. Cooking: Pour desired amount of frozen product in a small amount of salted (optional) water. Bring quickly to a boil, cover and reduce heat. Cook gently until tender. 12-15 minutes.

#### Product Specifications

Brand	Manufacturer
El Sembrador	Oliva Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
099336002048	10592	36560	10099336002045		24/14 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21.5 lb	21 lb	Peru	No	

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	15.2 in	11.34 in	5.7 in	0.57 ft3	12x10	999 days	-5 °F / -2 °F





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## Nutrition Analysis - By Measure

Calories	100	Total Fat	0.5 g	Sodium	5 mg
Protein	5	Trans Fats	0 g	Calcium	26 mg
Total Carbohydrates···	18 g	Saturated Fat	0 g	Iron	1 mg
Sugars	0 g	Added Sugars	0 g	Potassium	250 mg
Dietary Fiber	7 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)•		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

