

Edgell®

Nutritional Information

Servings Per Package: 26.6		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	193KJ	257KJ
Protein	3.6g	4.8g
Fat, Total	0.3g	0.4g
- Saturated	<0.1g	<0.1g
Carbohydrate	4.8g	6.4g
- Sugars	2g	2.7g
Dietary Fibre	4.9g	6.5g
Sodium	1mg	1mg

< Means Less Than

Ingredients
Peas.

Simplot®

Green Peas

Edgell green garden peas are harvested young and snap-frozen within hours to lock in their fresh taste and texture. Versatile and easy to prepare, green peas cook quickly and evenly, infusing every dish with their vibrant green colour and sweet flavour, whether you're steaming, sautéing, or microwaving. Perfect for a range of meals – from soups and curries to side dishes and stir fry – Edgell Peas are a high-quality staple that adds a little extra something to any meal.

Product Specification

SKU	40009
Pack Size	6 x 2kg
Brand	Edgell®
Gross Wt	12.58KG
Net Wt	12KG
Manufacturing Country	AU
Grown in Australia	Y
Halal	Y
Vegetarian	Y
Vegan	Y

Please Note: Due to formulation changes, specification information on product packaging is most current.

Shipping Information

Length	379 MM
Width	281 MM
Height	213 MM
Shelf Life	720 Days

Preparation Instructions For Food Safety and Quality

Method Type	Time	Temperature
Steamer Place frozen peas in a single layer onto a perforated tray and steam for 4 minutes or until tender.	4 minutes	100°C
Stove Top Add 200g of frozen peas to boiling water and return to boil. Simmer for 1 minute or until tender.	1 minute	100°C
Microwave Place 200g of frozen peas into a microwave-safe dish, cover and microwave on high for 3 minutes.	3 minutes	High