

Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container about 24

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **15%**

Potassium 105mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 4g

Vitamin A 6% • Vitamin C 20%

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

	Less than	65g	80g
Total Fat	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	3,500mg	3,500mg
Potassium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PEAS, WATER, SUGAR, SALT.

DISTRIBUTED BY:
SENECA FOODS CORP.
MARION, NY 14505-0997

CONTACTING US,
PLEASE INCLUDE CODE FROM
PACK AND UPC CODE.

For more information, visit our website at
senecfoods.com



HART

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SWEET PEAS.®



NET WT 6 LB 10 OZ (3.01 kg)