



Country Range Choice Garden Peas 1 kg

Ingredients & Allergens

Country of Origin:

Belgium

Ingredients:

Frozen Peas.

Nutrition - Typical per 100g

Energy	289.3 / 68.7
Fat	0.3
Saturates	0.1
Carbohydrates	9
Sugars	3.1
Fibre	4.6
Protein	5.2
Salt	0.08

Dietary

Suitability

Vegetarian	yes
Vegan	yes
Halal Diet	yes
Kosher Diet	no

Contains

Cereals	no
Gluten	-
Milk	no
Egg	no
Peanuts	no
Brazil Nut	no
Crustaceans	no
Mustard	no
Fish	no
Lupin	no
Sesame	no
Celery	no
Soya	no
Molluscs	no
Sulphur Dioxide	no

Handling & Cooking

Directions for Use

For best results, cook from frozen. Do not eat raw. To boil: add frozen peas to boiling water and simmer for approximately 3 - 4 minutes. To microwave: place 250 g of frozen vegetables in a non-metallic bowl and add 2 - 3 15 ml spoons of water and cover. Cook on full power (650 w) for 5 minutes, stirring halfway through cooking. Check product is piping hot throughout before serving. Do not reheat.

Storage Instructions

*7 Days, **30 Days, ***See Best Before, ****See Best Before. To be stored at -18°C or colder. Ice making compartment: 3 days. Refrigerator: 24 hours. Cook on day of purchase if not kept frozen. Do not re-freeze after thawing.

Packaging

Primary packaging type

-

Primary packaging dimensions

-

Inner Unit Length in (mm)

260.0000

Inner Unit Height in (mm)

50.0000

Inner Unit Width in (mm)

250.0000

Outer Unit Length in (mm)

368.0000

Outer Unit Height in (mm)

191.0000

Outer Unit Width in (mm)

235.0000

Disclaimer:

Disclaimer: All information is subject to change without notice. Our product details, including but not limited to, product names, descriptions, specifications and images, is not intended to constitute the full legal description of the products, and does not necessarily include all information. Country Range may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging.