

Peas

These unprocessed commodities are used as protein sources in all categories of programs. Local tastes and preferences differ. Peas are available as whole or split, green or yellow varieties. Please specify pea variety (including color and whether whole or split peas) preferred and any alternates that are culturally acceptable.

A. NUTRITIONAL VALUES (PER 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page,

(<http://www.nal.usda.gov/fnic/foodcomp>).

These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

B. COMPONENTS

100% Whole or Split Green or Yellow Peas.

C. SPECIFICATIONS

Whole dry peas shall be Grade U.S. No. 2 or better, except U.S. No. 3 or better because of cracked seed coats. Split peas shall grade U.S. No. 2 or better.

(Source: USDA:FSA:PDD:EOB December, 1997.

Contact 202-690-3565

<http://www.fas.usda.gov/excredits/pl480/commodities/peabeans.htm>)

D. PACKAGING

50 kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

E. SHELF LIFE

At least one year. See Section III: Storage/Shelf Life Specifications for more information.

Nutrient	Amount	Unit
Water	11.3	g
Energy	341.0	Kcal
Protein	24.6	g
Total Lipid	1.2	g
Carbohydrate	60.4	g
Fiber, total dietary	25.5	g
Ash	2.7	g
Calcium	55	mg
Iron	4.4	mg
Magnesium	115	mg
Phosphorus	366	mg
Potassium	981	mg
Sodium	15	mg
Zinc	3.0	mg
Copper	0.9	mg
Manganese	1.4	mg
Selenium	1.6	mcg
Vitamin C	1.8	mg
Thiamin	0.7	mg
Riboflavin	0.2	mg
Niacin	2.9	mg
Pantothenic acid	1.8	mg
Vitamin B-6	0.2	mg
Folate	273.8	mcg
Vitamin B-12	0	mcg
Vitamin A	149	IU
Vitamin E	0.3	mg-ATE
Vitamin D	n/a	IU
Iodine	n/a	mcg