

Organic green pea splits

Dried, peeled, halved green peas with a firm consistency. The pea halves are small to medium-sized, semi-round, and have a sweet, mild taste. They are also known as garden peas or table peas. Like other legumes, they are low in fat and high in protein and fiber. This makes them an ideal ingredient for any kitchen, whether as a creamy soup, spread, or side dish. KNOWLEDGE: They belong to the legume family and contribute to the health of our soils. Their roots bind nitrogen from the air, increasing soil fertility. Their flowers are a welcome food source for many insects. Find more legumes with short cooking times that don't require soaking here: [organic red half lentils](#) or [yellow half lentils](#).

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1264 kj
Calorific value kcal	302 kcal
Fat	1.4 g
Of which saturated fatty acids	0.3 g
Carbohydrates	41.2 g
Of which sugar	3.5 g
Fibers	16.6 g
Protein	22.9 g
Salt	0.06 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein

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Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein