

# Green peas organic

Dried green organic peas are bright green and firm in texture. They are small to medium in size, round, and have a sweetly mild flavour. They are also known as garden peas or edible peas. Like other legumes, they are low in fat and high in protein and fibre, making them an ideal ingredient for any kitchen, whether in a 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. Need a shorter cooking time without soaking? Then use our [split green organic peas](#) split green organic peas.

[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

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