

Peas green organic

Designation: peas green

Description: FACTS: They belong to the legume family and help to keep our soil healthy. Their roots bind nitrogen from the air and thus increase the fertility of the soil. Their flowers are a welcome source of food for many insects.

Preparation: Soak green peas for approx. 12 hours and then cook in fresh water for approx. 60-90 minutes. They are particularly suitable for soups and vegetarian or vegan spreads such as pea guacamole, but also as an ingredient for salads or side dishes.

Ingridients: peas*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[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