

**MICRODRIED® PEAS**  
Whole



Analysis Name	Results	Units (per 100g)
Calories	386	Cal
Carbohydrates	66.79	g
Total Sugars	34.54	g
Fructose	0.35	g
Glucose	0.30	g
Lactose	< 0.25	g
Maltose	0.42	g
Sucrose	33.47	g
Added Sugar	0	g
Total Fat	3.36	g
Trans Fat	< 0.01	g
Saturated Fat	0.828	g
Monounsaturated Fat	0.825	g
cis-cis Polyunsaturated Fat	1.660	g
Cholesterol	< 1	mg
Total Dietary Fiber	23.1	g
Protein	22.1	g
Vitamin A (Beta Carotene)	374	IU
Vitamin C	50.09	mg
Vitamin D	1.0	mcg
Calcium	93.2	mg
Iron	11	mg
Sodium	6.45	mg
Potassium	909.42	mg
Ash	3.70	mg

*Data obtained from multiple sources including testing and literature.  
Data is not lot specific and should not be considered a specification.*

**Milne MicroDried®**

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