

BIRDS EYE GARDEN PEAS

375g



Nutrition

	As Sold 100g Provides:	Per Serving Microwaved Provides:	%RI* Per Portion
Energy values	285kJ/68kcal	229kJ/55kcal	3%
Fat	0.7g	0.6g	<1%
(of which saturates)	0.1g	<0.1g	<1%
Carbohydrate	7.5g	6.0g	
(of which sugars)	4.9g	3.9g	4%
Fibre	6.0g	4.8g	
Protein	4.9g	3.9g	
Salt	<0.01g	<0.01g	<1%
Vitamin C	16mg 20% NRV	12mg 15% NRV#	

#Average value when microwaved according to pack instructions. NRV Nutrient Reference Value.

*% reference intake of an average adult (8400kJ/2000kcal)

Product Description

Brand: Birds Eye

Standardised Brand: Birds Eye.

Name and Address

Birds Eye Limited.

Freepost ADM3939, London, SW1A 1YS.

UK 0800 332 277

Birds Eye Ireland.

Monread Road, Naas, Co. Kildare, W91 HE67.

ROI 1-800 817 358

Storage and Usage

Cooking Guidelines: Boil - From Frozen.

Place in a pan and add sufficient boiling water to cover. Bring back to the boil. Cover and simmer for 3 minutes. Drain and serve. Season to taste.

Cooking Instructions General

To Prepare... Always cook straight from frozen. Do not eat raw or defrosted. Your garden peas require cooking in accordance with our cooking instructions before consumption. Please ensure food is cooked until piping hot. These instructions are guidelines only. Do Not refreeze after defrosting.

Microwave - From Frozen - To retain more vitamins

For 2 servings: Place the Garden Peas in a microwavable bowl.

Add 15ml (1tbsp) water and cover. Microwave on Full Power for:

700W 3 1/2 mins, 800W 3 mins, 900W 2 1/2 mins

Drain and serve. Season to taste.

Storage Type: Frozen.

Storage: Store in a freezer at -18°C or cooler

See back of pack for best before end date.

Additives

Free From: Artificial Colours. Artificial Flavours. Artificial Preservatives.