

# PACK'D

## OUR ORGANIC PETIT POIS



**JOIN THE PACK**  
@PACKDGO  
HELLO@PACKD.CO.UK  
PACKD.CO.UK for tasty recipes

Storage: Keep frozen -18°C.  
Blend or cook from frozen.  
Packed in the UK for PACK'D Ltd.  
PACK'D 201 Borough High Street,  
London, SE1 1JA.



## COOKING INSTRUCTIONS

Boil from frozen: Place in a saucepan of boiling water. Simmer for 2 minutes. Drain and serve. Ensure food is cooked until piping hot. Season to taste.

## INGREDIENTS

Organic Petit Pois (100%)

| NUTRITION              | Per 100g       |      | Per 50g*       |      |
|------------------------|----------------|------|----------------|------|
|                        | Typical Values | RI%* | Typical Values | RI%* |
| Energy (kJ/kcal)       | 328/78         | 4%   | 164/39         | 2%   |
| Fat (g)                | 0.7            | 1%   | 0.4            | 1%   |
| of which saturates (g) | 0.1            | 1%   | 0.1            | 0%   |
| Carbohydrates (g)      | 10             | 4%   | 5.0            | 2%   |
| of which sugars (g)    | 5.4            | 6%   | 2.7            | 3%   |
| Fibre (g)              | 5.3            | 11%  | 2.7            | 5%   |
| Protein (g)            | 0.01           | 0%   | 0.01           | 0%   |
| Salt (g)               | 22             | 28%  | 11             | 14%  |
| Vitamin C (mg)         | 0.6            | 55%  | 0.3            | 27%  |
| Folate (µg)            | 50             | 25%  | 25             | 13%  |
| Manganese              | 0.4            | 20%  | 0.2            | 10%  |

\*1 portion = 50g. Pack contains 6 portions.  
†Reference intake of an average adult (8400kJ/2000kcal).

