



SINCE 1896



PREMIUM

PETIT POIS PEAS

*Tiny, Sweet & Young Peas
Premium Quality & Taste*

NATURALLY
ONLY 6 GRAMS
PER SERVING
NET CARBS

NET WT
15 OZ
(425g)



MAKE IT SPECIAL WITH S&W™
S&W® Petit Pois Peas come from the best of the crop to bring you unsurpassed, premium quality. Petit Pois Peas are a good source of Vitamin C and fiber.

Nutrition Facts
 Serving Size 1/2 cup (125g)
 Servings Per Container about 3 1/2

| Amount/Serving | Calories | Calories from Fat | % Daily Value* |
|-------------------------------|----------|-------------------|----------------|
| | 60 | 0 | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 360mg | | | 15% |
| Total Carbohydrate 10g | | | 3% |
| Dietary Fiber 4g | | | 16% |
| Sugars 5g | | | |
| Protein 3g | | | |
| Vitamin A 6% • Vitamin C 15% | | | |
| Calcium 0% • Iron 8% | | | |

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PEAS, WATER, SUGAR, SALT (FOR FLAVOR).
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QUESTIONS OR COMMENTS?
 CALL 800-252-7033 (MON.-FRI.).
 REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING=TOTAL CARBS MINUS FIBER

SERVING SUGGESTIONS
*Try making
 Spring Shrimp Salad.
 This recipe and more
 available at
 WWW.SWFINEFOODS.COM*

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