



SINCE 1896



PREMIUM

PEAS & PEARL ONIONS

Premium Quality & Taste

NATURALLY ONLY 8 GRAMS PER SERVING NET CARBS

NET WT
15 OZ
(425g)



MAKE IT SPECIAL WITH S&W™

S&W® Peas & Pearl Onions come from the best of the crop to bring you unsurpassed, premium quality. Peas and Tiny Pearl Onions are a good source of Vitamins A and C and fiber.

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container about 3 1/2

Amount/Serving	% Daily Value*
Calories 40	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 10% • Vitamin C 15%	
Calcium 0% • Iron 6%	

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

INGREDIENTS: PEAS, WATER, PEARL ONIONS, SUGAR, SALT.
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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
Country Chicken Pot Pie.
This recipe and more
available at
WWW.SWFINEFOODS.COM



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