

**PEAS (CANNED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	18 g	6 g	0 g	0 mg	448 mg	32 mg

**Ingredient**

PEAS, GREEN, CANNED, INCL LIQUIDS

**Weight**

39-1/2 lbs

**Measure**

4 gal 2-1/8 qts

**Issue****Method**

- 1 Pour off half the liquid.
- 2 Place peas in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place peas in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.