

- Excellent source of molybdenum, a trace element involved in digesting proteins, making DNA and metabolizing chemical toxins like sulfites
- Very good source of fiber that helps lower cholesterol, maintain steady blood sugars and prevent constipation and hemorrhoids
- Rich in B vitamins thiamin, pantothenic acid and folate and isoflavones that protect against breast and prostate cancer
- Contain essential minerals copper, manganese and phosphorus
- Use in soups, stews or as side dish. Puree for use in sauces for casseroles or with herb as a vegetable or cracker dip

Health Benefits of Split Peas

- 1/2 cup cooked split peas provides:**
- 116 Calories, 8 gm protein, 8 gm fiber, no fat, no cholesterol

Potential benefits of consuming split peas:

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Rich in protein, peas are a high-fiber, low-Calorie alternative to meat. They can help prevent heart disease, diabetes, osteoporosis, inflammation and some forms of cancer.

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