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or with herb as a vegetable or cracker dip

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

Potential benefits of consuming split peas:

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

Health Benefits of Split Peas



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.

sea9 tilq2



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