

## Peas, Steamed

### Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 71

Calories from Fat: 2

<b>Total Fat:</b>	<b>.2g</b>
Saturated Fat:	.0g
Trans Fat:	*N/A* (see below)
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>65mg</b>
<b>Total Carbohydrate:</b>	<b>12.9g</b>
Dietary Fiber:	5.0g
<b>Protein:</b>	<b>4.7g</b>

Vitamin A: 1,905RE    Vitamin C: 9.0mg    Calcium: 21.8mg    Iron: 1.4mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

\* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

### Ingredients

PEAS,GRN,FRZ,CKD,BLD,DRND,WO/S (mfg label): PEAS, GREEN [011313]