

SUGAR SNAP PEAS

GROWN IN MINNESOTA



Nutrition Facts

Serving Size 15 pods (50g)

Calories	20	% Daily Value
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	4g	2%
Dietary Fiber	1g	4%
Protein	1g	

Health Benefits

- Excellent source of vitamin C which helps heal cuts and wounds
- High in fiber and a good source of vitamin K
- Supplies beta-carotene, lutein, and zeaxanthin, that may support eye health.

DIFFERENT USES

- Can be eaten raw, steamed or sautéed.
- Sugar snap peas have a quick cooking time of only 2-3 minutes on simmer.
- Stir peas into cooked rice or barley to make a pilaf and season with herbs.
- Toss with olive oil, tarragon, grape tomatoes and goat cheese.
- Brighten up soups, stews and casseroles with colorful peas.

FUN FACT

- Minnesota grown peas are available from June through July.
- Today, only about 5% of peas are sold fresh. Most of the fresh forms include sugar snap peas and snow peas.
- Sugar snap peas are a cross between a garden pea and snow pea.
- Available only as fresh or frozen. High temperatures used for canning would destroy structure of peapod.
- Edible peapods have fibers that go in only one direction, allowing them to be easily chewed.