

Fresh SNOW PEAS

Foods Fact Sheet CREDIT UNITED STATES DEPARTMENT OF AGRICULTURE



PRODUCT INFORMATION

- Snow Peas are U.S. No. 1 or better fresh, whole peas that are edible raw.
- Snow Peas are a legume

PACK/YIELD

- 900530: 5 pound bag (about 30 oranges per bag)
- 900532: 1 pound bag (about 6 oranges per bag)
- 900533: 2 pound bag (about 12 oranges per bag)
- 900534: 3 pound bag (about 18 oranges per bag)

STORAGE

- Whole snow peas are best stored in the refrigerator.
- Cut snow peas should be stored in a container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please see our memo http://www.fns.usda.gov/fdd/policymemo/pmfd1_07_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

USES AND TIPS

- Fresh snow peas are a great snack or raw.
- Add snow peas to a salad for an extra crunch.
- Create your favorite stir fry by adding snow peas into the mix.

NUTRITION INFORMATION

- About 12 each Snow pea pod counts as 1 cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommended vegetables.
- Snow Peas are very high in Calcium and Vitamin C.

FOOD SAFETY INFORMATION

- Rinse snow peas in cool water and pat dry before peeling and eating.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS			
Serving size: Snow Peas Fresh (85g)			
Amount Per Serving			
Calories	35	Calories from Fat	0
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	6g	2%	
Dietary Fiber	2g	8%	
Sugars	3g		
Protein	3g		
Vitamin A	200%	Vitamin C	80%
Calcium	4%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet.			