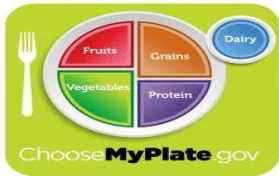


Fresh SUGAR SNAP PEAS

Foods Fact Sheet CREDIT UNITED STATES DEPARTMENT OF AGRICULTURE



PRODUCT INFORMATION

- Sugar Snap Peas are U.S. No. 1 or better fresh, whole vegetable.
- Unlike flat snow peas, snap peas have crisp, edible pods rounded with peas.

PACK/YIELD

- Sugar snap peas are packed in 10 pound cases.

STORAGE

- Sugar snap peas are best stored in the refrigerator.
- Cut 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/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

USES AND TIPS

- Fresh sugar snap peas are a great snack and many people prefer them raw.
- They go great on top of a green salad.
- Saute them in lite Italian dressing with garlic for a real treat.

NUTRITION INFORMATION

- 98 grams = 1 cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommended about 2 cups of vegetable.
- 1 cup sugar snap peas provides nearly a day's vitamin C needs.

FOOD SAFETY INFORMATION

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

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: 1 cup chopped sugar snap peas (98g)

Amount Per Serving			
Calories	41	Calories from Fat	2
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	4mg	0%	
Total Carbohydrate	7g	2%	
Dietary Fiber	3g	10%	
Sugars	4g		
Protein	3g		
Vitamin A	21%	Vitamin C	98%
Calcium	4%	Iron	11%
*Percent Daily Values are based on a 2,000 calorie diet.			