





## **Sugar Snap Peas**

- We provide 2 grams of protein and 2 grams of fiber so you feel full for longer
  - · We are rich in antioxidants like vitamin A
  - · Our vitamin K helps keep calcium in your bones!

Did you know?

That sugar snap

peas are from

the legume

family.



Sugar snap peas have over 50% of your daily need for vitamin C