

SUGAR SNAP PEAS



They actually make a SNAP sound when you break them in half! See the little peas inside?

PRODUCE PARTICULARS

Sugar snap peas are a great source of complex carbohydrates, offering both fiber and protein. They are a low-calorie source of vitamins and minerals like Vitamin C, iron and potassium.



Snap peas are unique because although they're legumes, they are considered part of the protein and vegetable groups.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2.1mg 10%

Potassium 200mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Peas, Edible-Podded, Raw

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