

SNOW PEAS

FUN FACTS



Snow Peas, also known as Chinese sugar peas, are immature pea pods in the legume family vegetables, commonly featuring in stir-fried dishes. They primarily differ from the common garden peas in that their whole pod, including peel, is eaten. Snow peas pods are flat; possess semi-opaque skin with tiny, flat seeds inside. They differ from sugar snap peas wherein the pods are full, cylindrical with thick, edible skin and round, green seeds inside as in case of shelling (garden) peas (in shelling peas, however, the skin is inedible).

NUTRITION INFORMATION

Snow Peas are a rich source of some B-complex vitamins, giving you nearly half the niacin and one-tenth of the folate you need each day, boosting your intake of these nutrients that help your body convert food to energy. It gives you one-fifth of the vitamin K you need, ensuring that your blood clots properly and supporting your bone health. Boiled Snow Peas have 40 milligrams of vitamin C and about the same amount of niacin, folate and vitamin K as raw Sugar Snap Peas.

