SUGAR SNAP PEAS

FUN FACTS

The Sugar Snap Pea is a hybrid of Green Peas and Snow Peas, according to the California Department of Public Health. It is a relatively new food, having been developed in 1979 to meet consumers' demand for edible-pod peas that are sweeter and larger than Snow Peas. Because the pods of Green Peas are difficult to chew, Sugar Snap Pea pods were bred with their fibers going in one direction, making them easier to chew.

NUTRITION INFORMATION

A 3-ounce serving of raw Sugar Snap Peas provides 50 milligrams of vitamin C which is more than half the recommended daily intake for that antioxidant nutrient.
It is also 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 Sugar Snap Peas have 40 milligrams of vitamin C and about the same amount of niacin, folate and vitamin K as raw Sugar Snap Peas.



