

SNOW PEAS



The French term for snow peas is mangetout, which basically means "eat it all". This means you don't have to cut off or peel anything to eat this food. What other foods can you eat "it all"?

PRODUCE PARTICULARS

Snow peas are a good source of iron which is a mineral important for healthy blood & immune cells.



Snow peas are quite similar to typical peas, except they have a softer pod and taste sweeter.



Snow 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

FRESHEALTH