



Harvest of the Month

Peas

Nutrition Facts

Serving Size: 1/2 cup green peas, cooked (80g)

Calories 62

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	
Vitamin A 34%	Calcium 2%
Vitamin C 13%	Iron 7%

Source: www.nutritiondata.com

