

SNOW PEAS



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	23
% Daily Value *	
Total Fat 0g	0 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1.4g	5 %
Sugar 2g	
Protein 1.3g	3 %
Vitamin D mcg	N/A
Calcium 27mg	2 %
Iron 1.2mg	7 %
Potassium 113mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

FOOD FACTS

- Snow peas are high in Vitamin C and are a good source of Vitamins A and K as well as iron and magnesium.
- 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.

DID YOU KNOW?

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"?