

# Peas

## Nutrition Facts

Serving Size: ½ cup canned peas (85g)	
Calories 59	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Sugars 4g	
Protein 4g	
Vitamin A 9%	Calcium 2%
Vitamin C 14%	Iron 5%

Other nutrients: Vitamin K (23%), Folate (9%), Protein (8%), Thiamin (7%), Lutein+zeaxanthin (1,148mcg)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11813

# Peas

## Nutrition Facts

Serving Size: ½ cup cooked peas (80g)  
Calories 67                      Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%

Other nutrients: Vitamin K (26%), Thiamin (14%), Folate (13%), Protein (9%), Niacin (8%), Vitamin B6 (9%), Magnesium (8%), Riboflavin (7%), Potassium (6%), Lutein+zeaxanthin (2,074mcg)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11305

# Peas

## Nutrition Facts

Serving Size: ½ cup fresh peas (73g)	
Calories 59	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 4g	
Vitamin A 11%	Calcium 2%
Vitamin C 48%	Iron 6%

Other nutrients: Vitamin K (23%), Thiamin (13%), Folate (12%), Protein (8%), Niacin (8%), Vitamin B6 (6%), Magnesium (6%), Riboflavin (6%), Lutein+zeaxanthin (1,796 mcg)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11304