

Pea

Fabaceae *Pisum sativum* (green)
 (analysis based on shelled, boiled, drained pea)



MINNESOTA



Serving Size

- 1/2 Cup
- 80 Grams
- 67 Calories
 - 2% from fat
 - 22% from protein
 - 76% from carbohydrate
- 4 Grams Protein
- 13 Grams Carbohydrate
 - 4 grams dietary fiber
- 0.2 Gram Fat
- 62 Grams Water
- 2 Milligrams Sodium

