

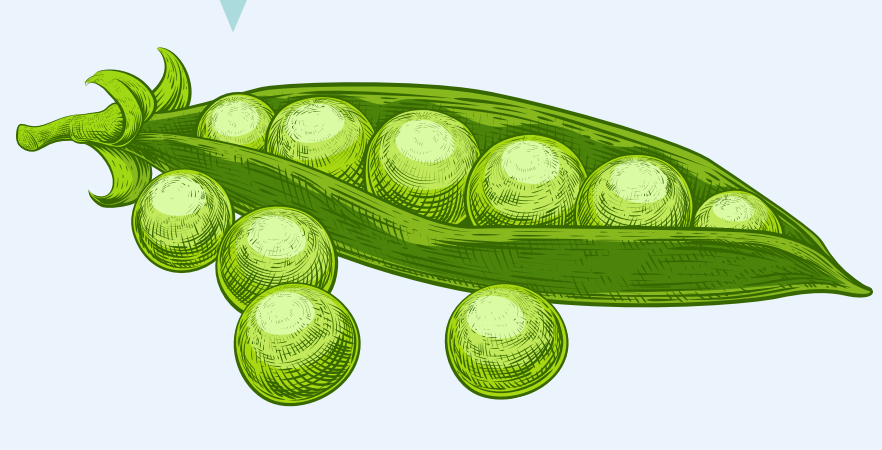


GREEN PEAS NUTRITION FACTS

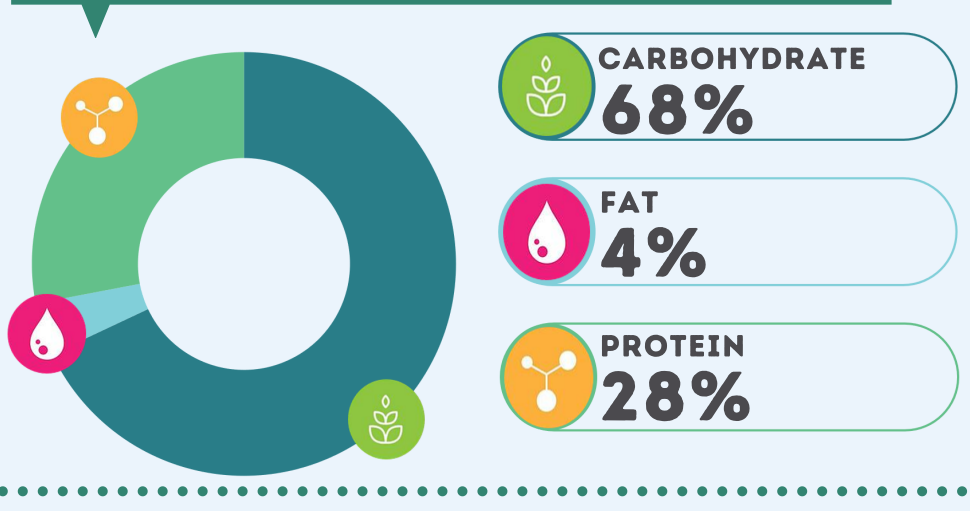


CALORIES 81/100GM

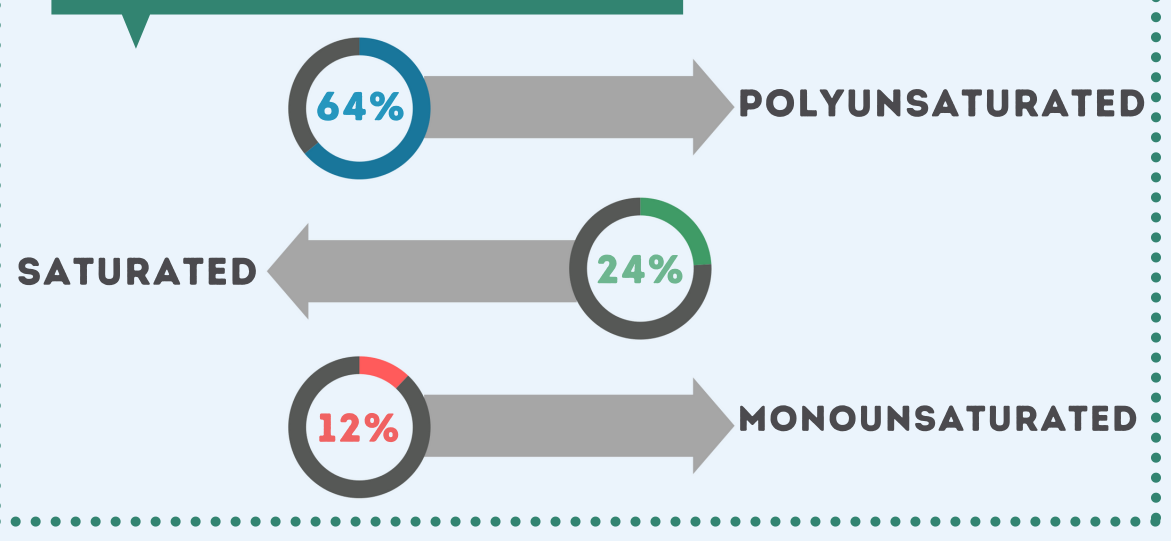
	AMOUNT		AMOUNT
CARBOHYDRATE	14.45 G	NIACIN	2.090 MG
FAT	0.40 G	VITAMIN A	38 MCG
PROTEIN	5.42 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.169 MG
FIBER	5.7 G	VITAMIN C	40 MG
RIBOFLAVIN	0.132 MG	VITAMIN D	0.00
SODIUM, NA	5 MG	FOLATE	65 MCG
THIAMIN	0.266 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



GREEN PEAS OTHER NAMES

- PISUM SATIVUM
- FIELD PEA
- GARDEN PEA
- MATAR

MINERALS IN GREEN PEAS

25 MG	CALCIUM, CA	2 % (DV)
0.176 MG	COPPER, CU	20 % (DV)
1.47 MG	IRON, FE	8 % (DV)
33 MG	MAGNESIUM, MG	8 % (DV)
1.8 MCG	SELENIUM, SE	3 % (DV)
108 MG	PHOSPHORUS, P	15 % (DV)
244 MG	POTASSIUM, K	5 % (DV)
1.24 MG	ZINC, ZN	11 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.