



SNOW PEAS NUTRITION FACTS

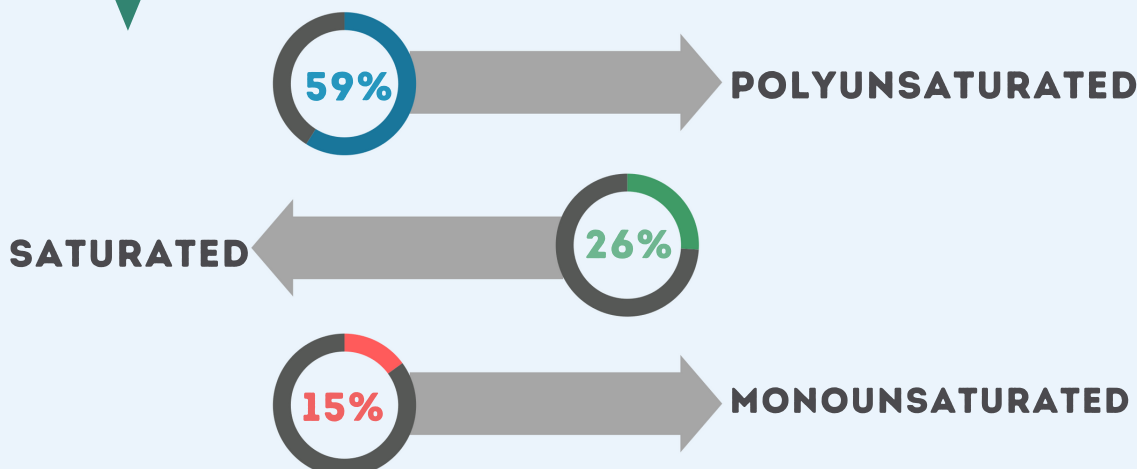


CALORIES 42/100GM

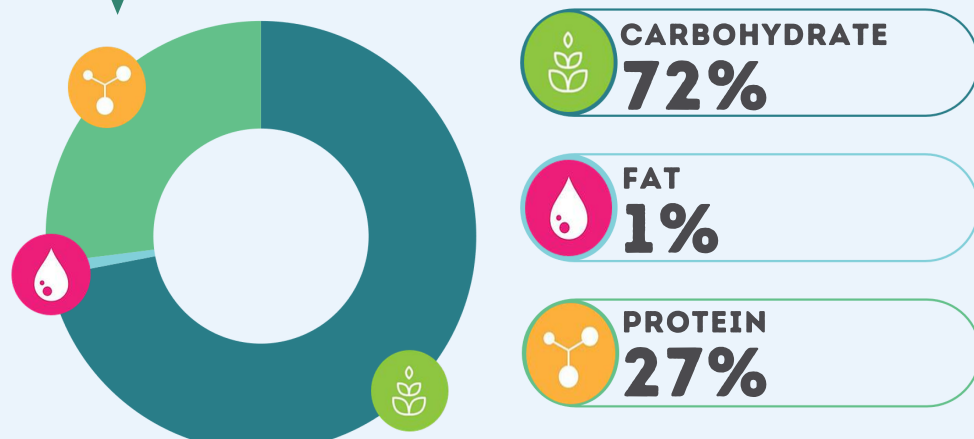
	AMOUNT		AMOUNT
CARBOHYDRATE	7.55 G	NIACIN	0.6 MG
FAT	0.2 G	VITAMIN A	41 MCG
PROTEIN	2.8 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.16 MG
FIBER	2.6 G	VITAMIN C	60 MG
RIBOFLAVIN	0.08 MG	VITAMIN D	0.00
SODIUM, NA	4 MG	FOLATE	42 MCG
THIAMIN	0.15 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



SNOW PEAS OTHER NAMES

PISUM SATIVUM
MENNONITE PEAS
CHINESE PEAS
POIS MANGETOUT

MINERALS IN SNOW PEAS

43 MG	CALCIUM, CA	4 % (DV)
0.079 MG	COPPER, CU	9 % (DV)
2.1 MG	IRON, FE	26 % (DV)
24 MG	MAGNESIUM, MG	6 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
MG	PHOSPHORUS, P	% (DV)
200 MG	POTASSIUM, K	4 % (DV)
0.3 MG	ZINC, ZN	3 % (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.