



## USDA Foods in Schools

### 100315 - Peas, Green, Low-Sodium, Canned

Category: **Vegetables**

Subgroup: **Starchy**



#### Product Description

- This item is U.S. Grade B or better green sweet peas that are low-sodium. This item is available in cases containing six #10 cans.

#### Crediting/Yield

- One case yields about 110 ½-cup servings of heated, drained peas.
- CN Crediting: ½ cup heated, drained peas credits as ½ cup starchy vegetable.

#### Culinary Tips and Recipes

- Peas can be used in pasta salads, soups and casseroles.
- Add flavor to canned green peas by using herbs and spices such as basil, mint, or oregano.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

#### Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

#### Nutrition Facts

Serving size: 1/2 cup (129g) peas, green, canned, low sodium

##### Amount Per Serving

**Calories** 90

**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 16g

Dietary Fiber 3g

Sugars 6g

**Protein** 4g

Source: USDA Foods Vendor Labels

**Allergen Information:** Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.