USDA Foods

Green Peas, No Salt Added, Frozen

MyPlate Food Group: **Vegetable**

Product Description

- Frozen peas are U.S. Grade B or better.
- Frozen peas are a low-sodium food.
- Frozen peas are high in fiber, Vitamin A, and Vitamin C.

Storage

- Store unopened frozen peas in the freezer.
- For best quality, store unused portion (after open) in a sealed air-tight container or freezer safe bag to keep out moisture and other contaminants.

Uses and Tips

- Frozen peas can be boiled, microwaved, or cooked on the stove top and used as a nutritious side dish to almost any entrée.
- Frozen peas can be served in salads, or heated in soups, pastas, and main dishes.

Nutrition Information

- 1 cup of frozen peas counts as 1 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2-3 cups of vegetables, depending on age and gender.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1/2 cup (80g) peas, green, frozen, without salt

Amount Per Serving	
Calories 162	Calories from Fat 0
	-% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 58mg	**2%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 4g	**16%**
Sugars 3.5g	
Protein 4g	
Vitamin A 34%	Vitamin C 13%
Calcium 3%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

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Easy Tuna and Peas

Makes about 4 servings

Ingredients

1/2 pound egg noodles (dry)
1/2 can cream of mushroom soup (about 10 ounces)
1 can tuna (drained, about 12 ounces)
1 cup frozen peas

Directions

1. Cook noodles according to package directions. Drain.
2. In a medium-size saucepan, heat soup until hot. Stir in tuna and peas. Cook about 5 minutes, or until peas are tender.
3. Pour over cooked egg noodles and serve.

Recipe adapted from What's Cooking? USDA Mixing Bowl

Split Pea Soup

Makes about 8 servings

Ingredients

2 teaspoons vegetable oil
2 cups onion (chopped)
4 small potatoes (2 cups diced, with skin on)
1 1/2 cups frozen peas
5 1/2 cups chicken broth, low-sodium
1 cup water
Seasonings of your choice (onion powder, garlic powder, poultry seasoning, salt, pepper, etc.)

Directions

1. Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high.
2. Add the onion and sauté until golden, about 2-3 minutes.
3. Add the rest of the ingredients and mix well. Bring to a boil and then lower the heat to a simmer. Cook uncovered until the peas and potatoes are tender, about 45 minutes.
4. Serve hot.

Tip

This soup is great for lunch or dinner. Try serving it with a salad.

Recipe adapted from What's Cooking? USDA Mixing Bowl

These recipes, presented to you by USDA, have not been tested or standardized.