

Green Peas, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned peas are U.S. Grade B or better.
- Canned peas are a low-sodium food.
- Canned peas are of the sweet or early variety.

Storage

- Store unopened green peas in a cool, clean, dry place.
- For best quality, store unused portion in the refrigerator in a nonmetal container.

Uses and Tips

- Serve canned green peas in salads, or heated in soups and main dishes.
- Serve canned green peas with small new potatoes, pearl onions, and/or turnips.

Nutrition Information

- ½ cup of canned peas counts as ½ cup in the MyPlate Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of canned peas provides 15% the daily recommended amount of vitamin C and 12 of the daily recommended amount of fiber.

Resources

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

Nutrition Facts

Serving size: ½ cup (85g) peas, low-sodium, canned, drained

Amount Per Serving			
Calories	60	Calories from Fat	0
-% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	10g		3%
Dietary Fiber	3g		4%
Sugars	4g		
Protein	4g		
Vitamin A	15%	Vitamin C	6%
Calcium	2%	Iron	5%

*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.

USDA Foods

Picnic Pasta Salad

Makes about 5 servings

Ingredients

- 1 can (15 ¼ ounces) low-sodium peas, drained
- 8 ounces bow tie pasta
- 1 can (15 ¼ ounces) canned corn, no salt added, drained
- 1 cup red pepper, thinly sliced into strips
- ½ cup reduced fat, low sodium Italian style dressing

Directions

1. Cook pasta according to package directions; rinse under cold water and drain well.
2. Combine pasta, corn, peas, and red peppers in bowl.
3. Toss with dressing.

Tip

For a heartier dish, add 2 cups diced cooked chicken or ham and add more dressing as needed.

Recipe adapted from DelMonte.com.

Early Garden Pea Soup

Makes about 6 servings

Ingredients

- ¾ cup onion, sliced
- 1 glove garlic, chopped
- 1 tablespoon margarine
- 2 cans (about 15 ounces each) low-sodium peas
- 1 cup low-fat milk
- ½ cup reduced fat, low-sodium chicken broth
- 1 teaspoon dried parsley (if you like)
- A dash of pepper

Directions

1. In large saucepan, cook onion and garlic in margarine until soft.
2. Place in blender with 1 can of peas and milk. Cover and blend until smooth.
3. Pour into saucepan; place remaining can of peas and remaining ingredients in blender; cover and blend until smooth.
4. Add to saucepan; simmer 15 minutes. Do not boil. May be served hot or cold.

Recipe adapted from DelMonte.com.