

USDA Foods Product Information Sheet

For Child Nutrition Programs



100315-Peas, Green, Low-Sodium, Canned

Category: **Vegetables**
Subgroup: **Starchy**



PRODUCT DESCRIPTION

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

CREDITING/YIELD

- One case yields about 110 ½-cup servings of cooked, drained peas.
- CN Crediting: ½ cup cooked, 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.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1/2 cup (85g) peas, green, canned, low-sodium, drained

Amount Per Serving

Calories 59

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 11g

Dietary Fiber 4g

Sugars 4g

Protein 4g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.