



# Sugar Snap Peas



Nutrition Facts	
Serving Size 1 medium (166g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 5g	20%
Sugars 16g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Fun Facts:

- \* Sugar Snap Peas are a cross between Snow Peas and Regular Peas.
- \* Sugar Snap Peas have been around since the 17th century but haven't been available in the US until the 1970's.
- \* Snap Peas are technically "Pod fruit"
- \* Each Pod contains anywhere from 3-5 peas.
- \* Sugar Snap Peas are called "Mangetout" in French, which means "eat all!"



**Varieties:** Sugar Snap Peas, AKA Snap Peas, are available fresh and frozen. Fresh Snap peas are a cool weather crop, which limits their fresh availability during the dead of summer. There are several varieties that are grown commercially, but they are not sold by the variety.

**Selection:** Choose Sugar Snap peas that are firm, plump, bright green and showing no signs of being limp or spotty. Avoid moldy or decayed peas.

**Storage and Handling:** Sugar Snap Peas must be de-stringed prior to eating by removing the fibrous ribs that run around the outside of the pods. When the stem is snipped off, simply continue to pull to bring the strings with the stems.

Property of Smart Partners, LLC ©

**Nutritional Benefits:** Sugar Snap peas provide a good source of Vitamin A, C, Thiamin, Riboflavin and Niacin.

## Easy Ways To Enjoy Sugar Snap Peas

- \* Once stemmed and snapped, Sugar Snap peas are edible raw, and make for a healthy, sweet and crunchy snack.
- \* Blanch in boiling water for a few seconds and then shock in ice water to stop the cooking process, to "take the raw off", and enjoy in salads, with dip, or continue to cook briefly, via sauté or stir-fry, for a bright, vibrant and nutritious addition to any dish.
- \* The best way to enjoy Sugar Snap Peas is as simply as possible! Steam or boil for 30 seconds to 1 minute for vegetables that still have color and crunch.
- \* Toss with butter, olive oil or peanut oil and a touch of sea salt.



Property of Smart Partners, LLC ©