



## GREEN PEAS, LOW-SODIUM, CANNED

Date: October 2012

Code: 100314

### 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.

### PACK/YIELD

- Canned peas are packed in 15 ¼ ounce cans, which is about 3 servings (½ cup each) after cooking and draining.

### STORAGE

- Store unopened peas in a cool, clean, dry place.
- Store remaining opened peas in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### 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.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

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

#### Amount Per Serving

**Calories** 60 **Calories from Fat** 5

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **9%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber 3g **12%**

Sugars 4g

**Protein** 4g

Vitamin A 10% Vitamin C 15%

Calcium 2% Iron 4%

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

## 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, unsalted, 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.

### Variation

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

Nutrition Information for 1 serving (about 1 cup) of Picnic Pasta Salad							
<b>Calories</b>	290	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	12 g	<b>Vitamin C</b>	50 mg
<b>Calories from Fat</b>	30	<b>Sodium</b>	150 mg	<b>Protein</b>	12 g	<b>Calcium</b>	30 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	55 g	<b>Vitamin A</b>	70 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	8 g				

*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.

Nutrition Information for 1 serving (1 cup) of Early Garden Pea Soup							
<b>Calories</b>	150	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	10 g	<b>Vitamin C</b>	16 mg
<b>Calories from Fat</b>	25	<b>Sodium</b>	273 mg	<b>Protein</b>	9 g	<b>Calcium</b>	90 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	24 g	<b>Vitamin A</b>	82 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	6 g				

*Recipe adapted from DelMonte.com.*