



GREEN PEAS, LOW-SODIUM, CANNED

Date: August 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 ½ ounce cans, which is about 3 ½ 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
- www.choosemyplate.gov
- 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 0 g			0%
Saturated Fat 0 g			0%
<i>Trans Fat</i> 0 g			
Cholesterol 0 mg			0%
Sodium 140 mg			9%
Total Carbohydrate 10 g			3%
Dietary Fiber 3 g			12%
Sugars 4 g			
Protein 4 g			
Vitamin A 15%		Vitamin C 6%	
Calcium 2%		Iron 5%	

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

Nutrient Values in the Nutrition Facts Label 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 label or ingredient list for product-specific information.

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							
Calories	290	Cholesterol	0 mg	Sugar	12 g	Vitamin C	50 mg
Calories from Fat	30	Sodium	150 mg	Protein	12 g	Calcium	30 mg
Total Fat	3 g	Total Carbohydrate	55 g	Vitamin A	70 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	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							
Calories	150	Cholesterol	0 mg	Sugar	10 g	Vitamin C	16 mg
Calories from Fat	25	Sodium	273 mg	Protein	9 g	Calcium	90 mg
Total Fat	3 g	Total Carbohydrate	24 g	Vitamin A	82 RAE	Iron	2 mg
Saturated Fat	0.5 g	Dietary Fiber	6 g				

Recipe adapted from DelMonte.com.