



## USDA Foods in Schools

### 100350 - Peas, Green, No Salt Added, Frozen

Category: **Vegetables**

Subgroup: **Starchy**



#### Product Description

- This item is U.S. Grade B or better frozen peas with no salt added. This item is delivered frozen in a 30 pound case.

#### Crediting/Yield

- One case yields about 144 ½-cup servings of cooked, drained peas.
- CN Crediting: ½ cup cooked, drained green peas credits as ½ cup starchy vegetable.

#### Culinary Tips and Recipes

- Green peas can be used in pasta salads, cold vegetable salads, soups, or cooked and served with spices as a side dish.
- Add peas to your cooked rice, pasta dishes, and casseroles to increase the vegetable content in the meal.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

#### Nutrition Facts

Serving size: 1/2 cup (80g) peas, green, cooked, without salt

##### Amount Per Serving

**Calories** 62

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 58mg

**Total Carbohydrate** 11g

Dietary Fiber 4g

Sugars 4g

**Protein** 4g

Source: [USDA FoodData Central](#)

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

Nutrient values in this section are from the USDA FoodData Central 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.