

# Hispanic Hero Foods

## Vegetables

### Peas

**Food name (English):** Peas

**Food name (Spanish):** *Guisantes*

**Also called:** *Chicaros* (Mexico), *arvejas* (Latin America), *petit pois* (Puerto Rico)

**Category:** Vegetable

**Excellent source\* of:** Vitamin C, vitamin K

**Good source\* of:** Vitamin A, thiamin, folate, fiber

**Appearance:** Long, smooth, medium green pods with round light to medium green seeds

**Flavor:** Mildly sweet, starchy; crisp texture when raw to creamy when cooked

**US peak season:** Spring–summer, fall

**How to prepare and eat:** Remove pod shell; use raw alone or in salads; boil, steam, microwave; use alone, mixed with rice, or in soups, stews, casseroles.

**How to choose:** Select pods with bright green, smooth shells. Or use frozen peas.

**How to store:** Refrigerate and use within 3–4 days.

**Substitutions:** Edamame (fresh soybeans), fresh baby lima beans



#### Nutrient Analysis: Peas, Green, Raw

Yield: 0.5 c

Nutrient	Value	Goal	% DV
Weight (g)	72.500		
Kilocalories (kcal)	58.725	2,000.00	3%
Protein (g)	3.930	50.00	8%
Carbohydrate (g)	10.476	300.00	3%
Fat, Total (g)	0.290	65.00	0%
Cholesterol (mg)	0.000	300.00	0%
Saturated Fat (g)	0.051	20.00	0%
Sodium (mg)	3.625	2,400.00	0%
Potassium (mg)	176.900	3,500.00	5%
Vitamin A (IU)	554.625	5,000.00	11%
Vitamin C (mg)	29.000	60.00	48%
Calcium (mg)	18.125	1,000.00	2%
Iron (mg)	1.066	18.00	6%
Dietary Fiber, Total (g)	3.698	25.00	15%

Source:

US Department of Agriculture, Agricultural Research Service. Nutrient Data Laboratory Home Page. USDA Nutrient Database for Standard Reference, Release 26. <https://www.ars.usda.gov/ba/bhnrc/ndl>. 2013. Accessed December 07, 2015.

\* Excellent source has 20% or more of the DV per reference amount. Good source has 10% to 19% of the DV. Source: US Food and Drug Administration. Code of Federal Regulations Title 21. 2012, 2. [21CFR101.54].