



SPRING PEAS

Do you know ?



Peas pack a lot of nutrients! Peas are an excellent source of fiber, thiamin, vitamin C and K, and are a good source of folate, vitamin A, iron, and zinc. Additionally, peas are packed with phytochemicals, such as polyphenols, which may act as antioxidants and fight carcinogens.



Due to the nutrient packed power of the pea, peas may help with the health of the heart, eyes, bones, and may protect against diseases, such as cancer, diabetes and cardiovascular. Additionally, fiber-rich peas can assist with the health and functioning of the gastrointestinal tract.



Protein powerful peas! 1 cup of peas provides about 8 g of protein, which is more than 1/4 cup of almonds or 1 Tbsp. of peanut butter. Compared to animal sources of protein, peas do not contain cholesterol and are very low in fat. Due to the protein content, peas promote a feeling of fullness and may help with muscle protein synthesis.



The USDA Dietary Guidelines and MyPlate, recommend Americans aim to consume 1 1/2 cups of beans and peas per week. How can you obtain this amount? The super versatile pea can be added to just about any dish! Add peas to salads, soups, casseroles, "grain bowls", pasta dishes, and rice pilaf. Due to the starchy nature of peas, along with low-fat and high fiber benefits, puree peas to use as a thickener in soups, sauces, dips, and spreads. Lastly, peas pair well with mint and radishes.

This fact sheet was created and written by Nicole Dann-Payne, MS, RDN, CSSD, LDN, CHWC

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