

FROZEN PEAS

Nutrition Facts

Serving Size: 1/2 cup
Serving per Container: about 3

Amount Serving Size:

Calories: 60 Calories from Fat: 0

% Daily Value*

Total Fat 0g	0%
Saturated Fats 0g	0%
Cholesterol	0%
Sodium 125mg	5%
Total Carbohydrates 11g	4%
Dietary Fiber 6g	22%
Sugar 5g	

Protein 5g

Vitamin A 15% ● Vitamin C 30%
Calcium 0% ● Iron 6%

*Percent Daily Values are based on a
2,000 Calorie Diet

VS.

NO. OF SERVINGS
Be wary as one container
doesn't necessarily mean
1 serving.

CALORIES
Count the calories
you will consume.

LIMIT THESE

**GET ENOUGH
OF THESE**

NUTRIENTS
Compare the values and
see, which provides
healthier amounts.

CANNED PEAS

Nutrition Facts

Serving Size: 1/2 cup
Serving per Container: about 3

Amount Serving Size:

Calories: 60 Calories from Fat: 0

% Daily Value

Total Fat 0g	0%
Saturated Fats 0g	0%
Cholesterol	0%
Sodium 380mg	16%
Total Carbohydrates 12g	4%
Dietary Fiber 3g	14%
Sugar 4g	

Protein 4g

Vitamin A 6% ● Vitamin C 10%
Calcium 2% ● Iron 8%

*Percent Daily Values are based on a
2,000 Calorie Diet