

# Peas

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Peas, green, frozen  OR  Peas, green, canned, no added salt	10 lb 8 oz  OR  2.8 No. 10 cans				<ol style="list-style-type: none"> <li>1. For frozen peas, steam or boil about 5-6 minutes. For boiling, only add enough water to cover the peas.</li> <li>2. For canned peas, add peas and liquid to large pot and cook over medium heat until they come to a simmer.</li> <li>3. If peas are not low sodium, drain and rinse peas, then add water to cover the peas, and cook over medium heat until they come to a simmer.</li> <li>4. Remove from heat when peas are tender and easily mashable with a fork.</li> <li>5. CCP: Ensure peas reach 135° F or warmer.</li> <li>6. CCP: Hold at 135° F or warmer.</li> <li>7. Drain and serve.</li> </ol>

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## Notes:

Nutrients calculated using Food Processor for peas, green, boiled, from frozen, drained.

**Serving:** ½ cup provides ½ cooked vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

## Nutrients Per Serving

<b>Calories</b>	62.40 kcal	<b>Saturated Fat</b>	0.04 g	<b>Iron</b>	1.22 mg
<b>Protein</b>	4.12 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	19.20 mg
<b>Carbohydrate</b>	11.41 g	<b>Vitamin A</b>	84.00 RAE mcg	<b>Sodium</b>	57.60 mg
<b>Total Fat</b>	0.22 g	<b>Vitamin C</b>	7.92 mg	<b>Dietary Fiber (2016)</b>	3.60 g