



# Sugar Snap Peas



A FLAV-R-PAC exclusive, Sugar Snaps are delicate, sweet peas that are ideal for stir fry, or serving as a special side. This vitamin-rich specialty vegetable has a naturally sweet taste and crunchy texture.

**Product Package Sizes:**  
2 lb. Package



Ingredients

**Nutrition**

Preparation

Storage

Pack

Serving Suggestions

<b>Nutrition Facts</b>	
<b>Serving Size:</b> ½ cup (83 grams)	
<b>Servings Per Container:</b>	
<b>2 lb. Package: 11</b>	
<b>Amount Per Serving</b>	
Calories: 40	Calories From Fat: 0
% Daily Value*	
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0.00mg	0%
Sodium 0mg	0%
Total Carbohydrates 7g	2%
Dietary Fiber 2.00g	8%
Sugars 3.00g	
Protein 2.00g	
Vitamin A 4%	Vitamin C 15%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Store at or below 0°F (-18°F) or store in freezer compartment of the refrigerator.

Catalog#	Pack Size	Case Count	Pallet Tie	Pallet High	Total Pallet	Gross Wt.	Net Wt.	Volume	Length	Width	Height
20903	2 lb.	12	9	6	54	25.5	24.0	0.95	17 ¾	10 ¾	9 ¼

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Sugar Snap™ Peas Sugar Snap is a registered trademark of Syngenta Group Company Boise, ID U.S.A.

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STOVE TOP:

Bring ¾ water and frozen vegetables to a boil in a 3 quart sauce pan. Cover and reduce heat to medium. Simmer for 6-8 minutes until product is tender and thoroughly heated. Season and serve.

MICROWAVE:

Place frozen vegetables and 2 Tbsp. water into a microwave safe dish. Cover and cook on high for 5-6 minutes or until product is thoroughly heated. Stir halfway through cooking time. Season and serve. Note: Microwave ovens vary. Cooking times are approximate.

PRESSURELESS STEAMER:

Place vegetables in a perforated ½ steamtable pan. Do not add water or cover. Steam product in a preheated pressureless steamer for 4-5 minutes. Serve immediately.

For food safety and quality cook to a temperature of 165°F.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen. Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

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SNAPPY CARBONARA

Offer a delicious plate of fettucini pasta with cream sauce, crumbled bacon, Sugar Snap peas, fresh chopped parsley and grated parmesan cheese.

CHINESE FRIED RICE AND SUGAR SNAP PEAS

Mix Sugar Snap peas, green onion, bits of meat, and a scrambled egg into fried rice, sprinkle with soy sauce and serve.

SUGAR SNAPS IN RISOTTO

Combine Sugar Snap peas with creamy risotto, sun dried tomatoes, and shredded duck or mushrooms and serve topped with parsley sprig.

SIDES WITH SNAP

Sugar Snap peas and cashews topped with basil butter.

Sugar Snap peas in a ginger-soy sauce.

Sugar Snap peas sautéed in olive oil and sprinkled with lemon pepper.