

# Nutrition Facts

**Green Peas**      **Serving size (100g)**

**Amount Per Serving**

**Calories**

**80**

[www.ihcare.ae](http://www.ihcare.ae)      % Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0.07g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber 6g      **21%**

Total Sugars 6g

Includes 0g Added Sugars      **0%**

**Protein** 5g      **10%**

Vitamin D 0mcg      0%

Calcium 25mg      2%

Iron 1.47mg      8%

Potassium 0mg      0%

Vitamin A 39mcg      0%

Vitamin C 40mg      45%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.