



Geography/History

There is a lot of debate to where **Sugar Snap Peas** originated. The wider opinion is that they were originally from Central Asia or the Middle East. Scientists have found carbon dated Sugar Snap Peas in a cave between Thailand and Burma that were dated around 9750 BC. The true extent to how far these peas have travelled can be seen when the excavation of a Swiss Bronze Age site uncovered some peas dating back to 3,000 BC



See the table below for in depth analysis of nutrients:
 Snap peas (*Pisum sativum* var *macrocarpon*),
 fresh, raw, Nutrition value per 100 g
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	42 Kcal	2%
Carbohydrates	7.55 g	6%
Protein	2.80 g	5%
Total Fat	0.20 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.6 g	7%
Vitamins		
Folates	42 µg	10.5%
Niacin	0.600 mg	4%
Pantothenic acid	0.750 mg	15%
Pyridoxine	0.160 mg	12%
Riboflavin	0.080 mg	6%
Thiamin	0.150 mg	12.5%
Vitamin A	1087 IU	36%
Vitamin C	60 mg	100%
Vitamin E	0.39 mg	2.5%
Vitamin K	25 µg	21%
Electrolytes		
Sodium	4 mg	<1%
Potassium	200 mg	4%
Minerals		
Calcium	43 mg	4%
Copper	0.079 mg	9%
Iron	2.08 mg	26%
Magnesium	24 mg	6%
Manganese	0.244 mg	10.5%
Selenium	0.7 µg	1%
Zinc	0.27 mg	2%
Phyto-nutrients		
Carotene-a	44 µg	--
Carotene-β	630 µg	--
Cryptoxanthin-β	0 µg	--
Lutein+zeaxanthin	740 µg	--

Description/Taste

Sugar Snap Peas are a group of edible podded peas that were developed by breeding a Chinese snow pea with a mutant pea plant. The result is a snappy sweet pea with thicker walls and plump pods. The best way to know if sugar snap peas are fresh and sweet is simply by tasting them.

