Green peas are fairly low in calories and contain several vitamins, minerals and antioxidants. They're also high in fiber and protein.

Contains Vitamins A,K and C.

Green peas are a very filling food, mostly due to the high amounts of protein and fiber they contain.

Green peas have a low glycemic index and are rich in fiber and protein, all of which are important factors for blood sugar control.

Green peas are rich in fiber, which benefits digestion by maintaining the flow of waste through your digestive tract and keeping gut bacteria healthy.

Green peas have several properties that may help prevent and treat some chronic diseases, such as heart disease, cancer and diabetes.

Green peas are high in nutrients, fiber and antioxidants, and have properties that may reduce the risk of several diseases.

Overall, green peas are an incredibly healthy food to incorporate into your diet