

Basic Report 11345, Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Report Date: February 01, 2015 13:11 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 153g
Proximates			
Water	g	71.80	109.85
Energy	kcal	111	170
Protein	g	5.96	9.12
Total lipid (fat)	g	1.36	2.08
Carbohydrate, by difference	g	19.49	29.82
Fiber, total dietary	g	6.2	9.5
Sugars, total	g	2.48	3.79
Minerals			
Calcium, Ca	mg	41	63
Iron, Fe	mg	1.57	2.40
Magnesium, Mg	mg	40	61
Phosphorus, P	mg	118	181
Potassium, K	mg	456	698
Sodium, Na	mg	5	8
Zinc, Zn	mg	0.82	1.25
Vitamins			
Vitamin C, total ascorbic acid	mg	28.1	43.0
Thiamin	mg	0.350	0.536
Riboflavin	mg	0.166	0.254
Niacin	mg	2.153	3.294
Vitamin B-6	mg	0.053	0.081
Folate, DFE	µg	100	153
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	3
Vitamin A, IU	IU	50	76
Vitamin E (alpha-tocopherol)	mg	0.32	0.49

Nutrient	Unit	1 Value Per100 g	1 cup 153g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	19.8	30.3
Lipids			
Fatty acids, total saturated	g	0.112	0.171
Fatty acids, total monounsaturated	g	0.017	0.026
Fatty acids, total polyunsaturated	g	1.149	1.758
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0