

**Basic Report 16064, Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain**

Report Date: January 26, 2015 15:30 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per 100 g	1 cup 240g
<b>Proximates</b>			
Water	g	79.63	191.11
Energy	kcal	77	185
Protein	g	4.74	11.38
Total lipid (fat)	g	0.55	1.32
Carbohydrate, by difference	g	13.63	32.71
Fiber, total dietary	g	3.3	7.9
<b>Minerals</b>			
Calcium, Ca	mg	20	48
Iron, Fe	mg	0.97	2.33
Magnesium, Mg	mg	28	67
Phosphorus, P	mg	70	168
Potassium, K	mg	172	413
Sodium, Na	mg	293	703
Zinc, Zn	mg	0.70	1.68
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	2.7	6.5
Thiamin	mg	0.076	0.182
Riboflavin	mg	0.074	0.178
Niacin	mg	0.354	0.850
Vitamin B-6	mg	0.045	0.108
Folate, DFE	µg	51	122
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	13	31
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

**Lipids**

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 240g</b>
Fatty acids, total saturated	g	0.144	0.346
Fatty acids, total monounsaturated	g	0.046	0.110
Fatty acids, total polyunsaturated	g	0.237	0.569
Cholesterol	mg	0	0