

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

Report Date: March 06, 2015 20:40 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup 240g
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