

Basic Report 16086, Peas, split, mature seeds, cooked, boiled, without salt

Report Date:January 25, 2015 07:16 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 196g	1 tbsp 12.2g
Proximates				
Water	g	69.49	136.20	8.48
Energy	kcal	118	231	14
Protein	g	8.34	16.35	1.02
Total lipid (fat)	g	0.39	0.76	0.05
Carbohydrate, by difference	g	21.10	41.36	2.57
Fiber, total dietary	g	8.3	16.3	1.0
Sugars, total	g	2.90	5.68	0.35
Minerals				
Calcium, Ca	mg	14	27	2
Iron, Fe	mg	1.29	2.53	0.16
Magnesium, Mg	mg	36	71	4
Phosphorus, P	mg	99	194	12
Potassium, K	mg	362	710	44
Sodium, Na	mg	2	4	0
Zinc, Zn	mg	1.00	1.96	0.12
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	0.8	0.0
Thiamin	mg	0.190	0.372	0.023
Riboflavin	mg	0.056	0.110	0.007
Niacin	mg	0.890	1.744	0.109
Vitamin B-6	mg	0.048	0.094	0.006
Folate, DFE	µg	65	127	8
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	7	14	1
Vitamin E (alpha-tocopherol)	mg	0.03	0.06	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	5.0	9.8	0.6
Lipids				
Fatty acids, total saturated	g	0.054	0.106	0.007
Fatty acids, total monounsaturated	g	0.081	0.159	0.010
Fatty acids, total polyunsaturated	g	0.165	0.323	0.020
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0