

Basic Report 16057, Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

Report Date: July 16, 2019 06:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 41g
Proximates			
Water	g	60.21	24.69
Energy	kcal	164	67
Protein	g	8.86	3.63
Total lipid (fat)	g	2.59	1.06
Carbohydrate, by difference	g	27.42	11.24
Fiber, total dietary	g	7.6	3.1
Sugars, total	g	4.80	1.97
Minerals			
Calcium, Ca	mg	49	20
Iron, Fe	mg	2.89	1.18
Magnesium, Mg	mg	48	20
Phosphorus, P	mg	168	69
Potassium, K	mg	291	119
Sodium, Na	mg	7	3
Zinc, Zn	mg	1.53	0.63
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	0.5
Thiamin	mg	0.116	0.048
Riboflavin	mg	0.063	0.026
Niacin	mg	0.526	0.216
Vitamin B-6	mg	0.139	0.057
Folate, DFE	µg	172	71
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	0
Vitamin A, IU	IU	27	11
Vitamin E (alpha-tocopherol)	mg	0.35	0.14

Nutrient	Unit	1 Value Per100 g	0.25 cup 41g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	4.0	1.6
Lipids			
Fatty acids, total saturated	g	0.269	0.110
Fatty acids, total monounsaturated	g	0.583	0.239
Fatty acids, total polyunsaturated	g	1.156	0.474
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0