

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

Report Date: June 15, 2019 21:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 164g
Proximates			
Water	g	60.21	98.74
Energy	kcal	164	269
Protein	g	8.86	14.53
Total lipid (fat)	g	2.59	4.25
Carbohydrate, by difference	g	27.42	44.97
Fiber, total dietary	g	7.6	12.5
Sugars, total	g	4.80	7.87
Minerals			
Calcium, Ca	mg	49	80
Iron, Fe	mg	2.89	4.74
Magnesium, Mg	mg	48	79
Phosphorus, P	mg	168	276
Potassium, K	mg	291	477
Sodium, Na	mg	7	11
Zinc, Zn	mg	1.53	2.51
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	2.1
Thiamin	mg	0.116	0.190
Riboflavin	mg	0.063	0.103
Niacin	mg	0.526	0.863
Vitamin B-6	mg	0.139	0.228
Folate, DFE	µg	172	282
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	27	44
Vitamin E (alpha-tocopherol)	mg	0.35	0.57

Nutrient	Unit	1 Value Per100 g	1 cup 164g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	4.0	6.6
Lipids			
Fatty acids, total saturated	g	0.269	0.441
Fatty acids, total monounsaturated	g	0.583	0.956
Fatty acids, total polyunsaturated	g	1.156	1.896
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0