

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

Report Date: July 21, 2019 16:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	60.21	23	0.600	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	164	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	686	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	8.86	23	0.200	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	2.59	24	0.090	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	0.92	24	0.030	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	27.42	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	7.6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Sugars, total	g	4.80	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	49	21	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	2.89	21	0.140	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	48	21	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	168	21	7.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	291	21	10.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	7	17	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	1.53	27	0.050	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.352	27	0.026	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	1.030	21	0.051	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	3.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	1.3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.116	21	0.005	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.063	21	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.526	21	0.038	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.286	8	0.036	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.139	8	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	172	8	9.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	172	8	9.000	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, DFE	µg	172	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Choline, total	mg	42.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	27	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.35	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	4.0	--	--	0	0	--	--	--	--	Calculated or imputed	16056	02/2003
Lipids													
Fatty acids, total saturated	g	0.269	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
14:0	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.215	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.037	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.583	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.578	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Fatty acids, total polyunsaturated	g	1.156	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	1.113	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.043	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1994
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Amino Acids													
Tryptophan	g	0.085	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.329	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.380	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.631	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.593	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.116	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.119	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.475	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.220	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.372	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.835	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.244	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.380	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	1.042	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.550	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.369	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.366	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Serine	g	0.447	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/1994
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Isoflavones													
Daidzein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹	mg	0.02	--	--	0.02	0.02	--	--	--	--	--	--	--
Total isoflavones ¹	mg	0.02	--	--	0.02	0.02	--	--	--	--	--	--	--

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725