

**Basic Report 16359, Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water**
**Report Date: September 20, 2019 02:03 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can drained, rinsed 254g	1 cup drained, rinsed 152g
<b>Proximates</b>				
Water	g	66.87	169.85	101.64
Energy	kcal	138	351	210
Protein	g	7.04	17.88	10.70
Total lipid (fat)	g	2.47	6.27	3.75
Carbohydrate, by difference	g	22.87	58.09	34.76
Fiber, total dietary	g	6.3	16.0	9.6
Sugars, total	g	4.00	10.16	6.08
<b>Minerals</b>				
Calcium, Ca	mg	43	109	65
Iron, Fe	mg	0.98	2.49	1.49
Magnesium, Mg	mg	24	61	36
Phosphorus, P	mg	80	203	122
Potassium, K	mg	109	277	166
Sodium, Na	mg	212	538	322
Zinc, Zn	mg	0.59	1.50	0.90
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.1	0.3	0.2
Thiamin	mg	0.025	0.064	0.038
Riboflavin	mg	0.015	0.038	0.023
Niacin	mg	0.125	0.318	0.190
Vitamin B-6	mg	0.116	0.295	0.176
Folate, DFE <sup>a</sup>	µg	41	104	62
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	3	2
Vitamin A, IU	IU	22	56	33
Vitamin E (alpha-tocopherol)	mg	0.29	0.74	0.44

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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	3.4	8.6	5.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.213	0.541	0.324
Fatty acids, total monounsaturated	g	0.485	1.232	0.737
Fatty acids, total polyunsaturated	g	0.962	2.443	1.462
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

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