

Basic Report 11191, Cowpeas (blackeyes), immature seeds, raw

Report Date: November 20, 2017 08:43 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 145g
Proximates			
Water	g	77.20	111.94
Energy	kcal	90	130
Protein	g	2.95	4.28
Total lipid (fat)	g	0.35	0.51
Carbohydrate, by difference	g	18.83	27.30
Fiber, total dietary	g	5.0	7.2
Sugars, total	g	3.00	4.35
Minerals			
Calcium, Ca	mg	126	183
Iron, Fe	mg	1.10	1.59
Magnesium, Mg	mg	51	74
Phosphorus, P	mg	53	77
Potassium, K	mg	431	625
Sodium, Na	mg	4	6
Zinc, Zn	mg	1.01	1.46
Vitamins			
Vitamin C, total ascorbic acid	mg	2.5	3.6
Thiamin	mg	0.110	0.160
Riboflavin	mg	0.145	0.210
Niacin	mg	1.450	2.103
Vitamin B-6	mg	0.067	0.097
Folate, DFE	µg	168	244
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	41	59
Vitamin A, IU	IU	817	1185
Vitamin D (D2 + D3)	µg	0.0	0.0

Nutrient	Unit	1 Value Per100 g	1 cup 145g
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.090	0.130
Fatty acids, total monounsaturated	g	0.032	0.046
Fatty acids, total polyunsaturated	g	0.150	0.217
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other