

Full Report (All Nutrients) 11191, Cowpeas (blackeyes), immature seeds, raw

Report Date: February 24, 2018 02:48 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Refuse:49% Refuse Description: Pods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g
Proximates					
Water	g	77.20	10	2.536	111.94
Energy	kcal	90	--	--	130
Energy	kJ	376	--	--	545
Protein	g	2.95	2	--	4.28
Total lipid (fat)	g	0.35	2	--	0.51
Ash	g	0.67	--	--	0.97
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	2	--	183
Iron, Fe	mg	1.10	2	--	1.59
Magnesium, Mg	mg	51	2	--	74
Phosphorus, P	mg	53	2	--	77
Potassium, K	mg	431	2	--	625
Sodium, Na	mg	4	2	--	6
Zinc, Zn	mg	1.01	1	--	1.46
Copper, Cu	mg	0.130	1	--	0.189
Manganese, Mn	mg	0.560	1	--	0.812
Selenium, Se	µg	2.3	--	--	3.3
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g
Vitamin C, total ascorbic acid	mg	2.5	1	--	3.6
Thiamin	mg	0.110	2	--	0.160
Riboflavin	mg	0.145	2	--	0.210
Niacin	mg	1.450	2	--	2.103
Pantothenic acid	mg	0.151	1	--	0.219
Vitamin B-6	mg	0.067	1	--	0.097
Folate, total	µg	168	6	12.083	244
Folic acid	µg	0	--	--	0
Folate, food	µg	168	6	12.083	244
Folate, DFE	µg	168	--	--	244
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	41	2	--	59
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	817	2	--	1185
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.090	--	--	0.130
14:0	g	0.001	1	--	0.001
16:0	g	0.077	1	--	0.112
18:0	g	0.012	1	--	0.017
Fatty acids, total monounsaturated	g	0.032	--	--	0.046
16:1 undifferentiated	g	0.001	1	--	0.001
18:1 undifferentiated	g	0.019	1	--	0.028
22:1 undifferentiated	g	0.011	1	--	0.016
Fatty acids, total polyunsaturated	g	0.150	--	--	0.217
18:2 undifferentiated	g	0.087	1	--	0.126
18:3 undifferentiated	g	0.063	1	--	0.091
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.034	--	--	0.049
Threonine	g	0.110	--	--	0.160

Nutrient	Unit	1			1 cup 145g
		Value Per100 g	Data points	Std. Error	
Isoleucine	g	0.158	--	--	0.229
Leucine	g	0.211	--	--	0.306
Lysine	g	0.194	--	--	0.281
Methionine	g	0.042	--	--	0.061
Cystine	g	0.044	--	--	0.064
Phenylalanine	g	0.162	--	--	0.235
Tyrosine	g	0.121	--	--	0.175
Valine	g	0.171	--	--	0.248
Arginine	g	0.207	--	--	0.300
Histidine	g	0.095	--	--	0.138
Other					
Flavonoids					
Flavonols					
Isorhamnetin	mg	0.0	3	0	0.0
Kaempferol	mg	0.0	3	0	0.0
Quercetin	mg	5.5	3	0	8.0