

## Basic Report 11192, Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt

Report Date: June 18, 2019 07:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 165g
<b>Proximates</b>			
Water	g	75.48	124.54
Energy	kcal	97	160
Protein	g	3.17	5.23
Total lipid (fat)	g	0.38	0.63
Carbohydrate, by difference	g	20.32	33.53
Fiber, total dietary	g	5.0	8.2
Sugars, total	g	3.23	5.33
<b>Minerals</b>			
Calcium, Ca	mg	128	211
Iron, Fe	mg	1.12	1.85
Magnesium, Mg	mg	52	86
Phosphorus, P	mg	51	84
Potassium, K	mg	418	690
Sodium, Na	mg	4	7
Zinc, Zn	mg	1.03	1.70
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	2.2	3.6
Thiamin	mg	0.101	0.167
Riboflavin	mg	0.148	0.244
Niacin	mg	1.403	2.315
Vitamin B-6	mg	0.065	0.107
Folate, DFE	µg	127	210
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	40	66
Vitamin A, IU	IU	791	1305
Vitamin E (alpha-tocopherol)	mg	0.22	0.36

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	26.6	43.9
<b>Lipids</b>			
Fatty acids, total saturated	g	0.096	0.158
Fatty acids, total monounsaturated	g	0.034	0.056
Fatty acids, total polyunsaturated	g	0.161	0.266
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0