

## Basic Report 11196, Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Report Date: October 23, 2017 04:00 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 cup<br>170g |
|--------------------------------|------|------------------------|---------------|
| <b>Proximates</b>              |      |                        |               |
| Water                          | g    | 66.10                  | 112.37        |
| Energy                         | kcal | 132                    | 224           |
| Protein                        | g    | 8.49                   | 14.43         |
| Total lipid (fat)              | g    | 0.66                   | 1.12          |
| Carbohydrate, by difference    | g    | 23.76                  | 40.39         |
| Fiber, total dietary           | g    | 6.4                    | 10.9          |
| Sugars, total                  | g    | 4.46                   | 7.58          |
| <b>Minerals</b>                |      |                        |               |
| Calcium, Ca                    | mg   | 23                     | 39            |
| Iron, Fe                       | mg   | 2.12                   | 3.60          |
| Magnesium, Mg                  | mg   | 50                     | 85            |
| Phosphorus, P                  | mg   | 122                    | 207           |
| Potassium, K                   | mg   | 375                    | 638           |
| Sodium, Na                     | mg   | 5                      | 8             |
| Zinc, Zn                       | mg   | 1.42                   | 2.41          |
| <b>Vitamins</b>                |      |                        |               |
| Vitamin C, total ascorbic acid | mg   | 2.6                    | 4.4           |
| Thiamin                        | mg   | 0.260                  | 0.442         |
| Riboflavin                     | mg   | 0.064                  | 0.109         |
| Niacin                         | mg   | 0.728                  | 1.238         |
| Vitamin B-6                    | mg   | 0.095                  | 0.161         |
| Folate, DFE                    | µg   | 141                    | 240           |
| Vitamin B-12                   | µg   | 0.00                   | 0.00          |
| Vitamin A, RAE                 | µg   | 4                      | 7             |
| Vitamin A, IU                  | IU   | 75                     | 128           |
| Vitamin E (alpha-tocopherol)   | mg   | 0.30                   | 0.51          |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                   |
| Vitamin D                          | IU          | 0                               | 0                     |
| Vitamin K (phylloquinone)          | µg          | 36.8                            | 62.6                  |
| <b>Lipids</b>                      |             |                                 |                       |
| Fatty acids, total saturated       | g           | 0.175                           | 0.297                 |
| Fatty acids, total monounsaturated | g           | 0.060                           | 0.102                 |
| Fatty acids, total polyunsaturated | g           | 0.280                           | 0.476                 |
| Fatty acids, total trans           | g           | 0.000                           | 0.000                 |
| Cholesterol                        | mg          | 0                               | 0                     |
| <b>Amino Acids</b>                 |             |                                 |                       |
| <b>Other</b>                       |             |                                 |                       |
| Caffeine                           | mg          | 0                               | 0                     |