

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

Report Date: July 23, 2019 19:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 170g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup 170g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	36.8	62.6
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0