

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

Report Date: August 23, 2019 09:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	66.10	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	132	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	552	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	8.49	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.66	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.99	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	23.76	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2002
Fiber, total dietary	g	6.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1993
Sugars, total	g	4.46	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
<b>Minerals</b>													
Calcium, Ca	mg	23	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	2.12	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	50	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	122	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	375	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	5	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	1.42	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.184	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.791	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	3.4	3	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.260	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.064	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.728	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.213	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.095	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	141	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	141	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	141	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	45.6	--	--	0	0	--	--	--	--	Calculated or imputed	11313	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	45	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
Vitamin A, IU	IU	75	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	36.8	--	--	0	0	--	--	--	--	Calculated or imputed	11192	12/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.175	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
14:0	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.140	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.022	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.060	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.035	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.280	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.159	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.116	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984

**Amino Acids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.098	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.316	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.455	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.606	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.558	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.121	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.126	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.466	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.348	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.492	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.595	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.274	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002