

Basic Report 11201, Cowpeas, leafy tips, raw

Report Date: February 23, 2018 15:09 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 36g	1 leaf 3g
Proximates				
Water	g	89.78	32.32	2.69
Energy	kcal	29	10	1
Protein	g	4.10	1.48	0.12
Total lipid (fat)	g	0.25	0.09	0.01
Carbohydrate, by difference	g	4.82	1.74	0.14
Minerals				
Calcium, Ca	mg	63	23	2
Iron, Fe	mg	1.92	0.69	0.06
Magnesium, Mg	mg	43	15	1
Phosphorus, P	mg	9	3	0
Potassium, K	mg	455	164	14
Sodium, Na	mg	7	3	0
Zinc, Zn	mg	0.29	0.10	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	36.0	13.0	1.1
Thiamin	mg	0.354	0.127	0.011
Riboflavin	mg	0.175	0.063	0.005
Niacin	mg	1.120	0.403	0.034
Vitamin B-6	mg	0.177	0.064	0.005
Folate, DFE	µg	101	36	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	36	13	1
Vitamin A, IU	IU	712	256	21
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 36g	1 leaf 3g
Fatty acids, total saturated	g	0.066	0.024	0.002
Fatty acids, total monounsaturated	g	0.022	0.008	0.001
Fatty acids, total polyunsaturated	g	0.106	0.038	0.003
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other