

Basic Report 11201, Cowpeas, leafy tips, raw

Report Date: May 26, 2017 03:29 EDT

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