

Basic Report 11192, Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt

Report Date: June 19, 2019 21:23 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 165g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 75.48 | 124.54 |
| Energy | kcal | 97 | 160 |
| Protein | g | 3.17 | 5.23 |
| Total lipid (fat) | g | 0.38 | 0.63 |
| Carbohydrate, by difference | g | 20.32 | 33.53 |
| Fiber, total dietary | g | 5.0 | 8.2 |
| Sugars, total | g | 3.23 | 5.33 |
| Minerals | | | |
| Calcium, Ca | mg | 128 | 211 |
| Iron, Fe | mg | 1.12 | 1.85 |
| Magnesium, Mg | mg | 52 | 86 |
| Phosphorus, P | mg | 51 | 84 |
| Potassium, K | mg | 418 | 690 |
| Sodium, Na | mg | 4 | 7 |
| Zinc, Zn | mg | 1.03 | 1.70 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 2.2 | 3.6 |
| Thiamin | mg | 0.101 | 0.167 |
| Riboflavin | mg | 0.148 | 0.244 |
| Niacin | mg | 1.403 | 2.315 |
| Vitamin B-6 | mg | 0.065 | 0.107 |
| Folate, DFE | µg | 127 | 210 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 40 | 66 |
| Vitamin A, IU | IU | 791 | 1305 |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | 0.36 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 26.6 | 43.9 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.096 | 0.158 |
| Fatty acids, total monounsaturated | g | 0.034 | 0.056 |
| Fatty acids, total polyunsaturated | g | 0.161 | 0.266 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |