

Full Report (All Nutrients) 11192, Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt

Report Date: July 23, 2019 18:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
Proximates					
Water	g	75.48	--	--	124.54
Energy	kcal	97	--	--	160
Energy	kJ	405	--	--	668
Protein	g	3.17	--	--	5.23
Total lipid (fat)	g	0.38	--	--	0.63
Ash	g	0.65	--	--	1.07
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
Copper, Cu	mg	0.133	--	--	0.219
Manganese, Mn	mg	0.572	--	--	0.944
Selenium, Se	µg	2.5	--	--	4.1
Vitamins					
Vitamin C, total ascorbic acid	mg	2.2	--	--	3.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
Thiamin	mg	0.101	--	--	0.167
Riboflavin	mg	0.148	--	--	0.244
Niacin	mg	1.403	--	--	2.315
Pantothenic acid	mg	0.154	--	--	0.254
Vitamin B-6	mg	0.065	--	--	0.107
Folate, total	µg	127	--	--	210
Folic acid	µg	0	--	--	0
Folate, food	µg	127	--	--	210
Folate, DFE	µg	127	--	--	210
Choline, total	mg	32.9	--	--	54.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	40	--	--	66
Retinol	µg	0	--	--	0
Carotene, beta	µg	475	--	--	784
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	791	--	--	1305
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0.36
Vitamin E, added	mg	0.00	--	--	0.00
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
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g
16:0	g	0.082	--	--	0.135
18:0	g	0.013	--	--	0.021
Fatty acids, total monounsaturated	g	0.034	--	--	0.056
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.021	--	--	0.035
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.012	--	--	0.020
Fatty acids, total polyunsaturated	g	0.161	--	--	0.266
18:2 undifferentiated	g	0.093	--	--	0.153
18:3 undifferentiated	g	0.068	--	--	0.112
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.037	--	--	0.061
Threonine	g	0.118	--	--	0.195
Isoleucine	g	0.170	--	--	0.281
Leucine	g	0.226	--	--	0.373
Lysine	g	0.209	--	--	0.345
Methionine	g	0.045	--	--	0.074
Cystine	g	0.047	--	--	0.078
Phenylalanine	g	0.174	--	--	0.287
Tyrosine	g	0.130	--	--	0.214
Valine	g	0.184	--	--	0.304
Arginine	g	0.222	--	--	0.366
Histidine	g	0.103	--	--	0.170
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0

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Theobromine	mg	0	--	--	0

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1200 COWPEA
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE
- Z0051 UNRIPE OR IMMATURE