

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

Report Date: July 20, 2019 02:06 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
Proximates													
Water	g	75.48	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	97	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	405	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	3.17	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.38	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.65	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	20.32	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	5.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Sugars, total	g	3.23	--	--	0	0	--	--	--	--	Calculated or imputed	11191	12/2002
Minerals													
Calcium, Ca	mg	128	--	--	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	1.12	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	52	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	51	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	418	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	1.03	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.133	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.572	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	2.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Thiamin	mg	0.101	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.148	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.403	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.154	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.065	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	127	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	127	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	127	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	32.9	--	--	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	40	--	--	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	475	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	04/2003
Vitamin A, IU	IU	791	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0	0	--	--	--	--	Calculated or imputed	--	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	26.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.096	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

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8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.082	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.013	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.034	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.161	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.093	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.068	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
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	0.037	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.118	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.170	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.226	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.209	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.045	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.047	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.174	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.130	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.184	--	--	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	0.222	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.103	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002