

Basic Report 11197, Cowpeas, young pods with seeds, raw

Report Date: September 18, 2019 08:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 94g	1 pod 12g
Proximates				
Water	g	86.00	80.84	10.32
Energy	kcal	44	41	5
Protein	g	3.30	3.10	0.40
Total lipid (fat)	g	0.30	0.28	0.04
Carbohydrate, by difference	g	9.50	8.93	1.14
Fiber, total dietary	g	3.3	3.1	0.4
Sugars, total	g	5.04	4.74	0.60
Minerals				
Calcium, Ca	mg	65	61	8
Iron, Fe	mg	1.00	0.94	0.12
Magnesium, Mg	mg	58	55	7
Phosphorus, P	mg	65	61	8
Potassium, K	mg	215	202	26
Sodium, Na	mg	4	4	0
Zinc, Zn	mg	0.34	0.32	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	33.0	31.0	4.0
Thiamin	mg	0.150	0.141	0.018
Riboflavin	mg	0.140	0.132	0.017
Niacin	mg	1.200	1.128	0.144
Vitamin B-6	mg	0.173	0.163	0.021
Folate, DFE	µg	53	50	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	68	64	8
Vitamin A, IU	IU	1369	1287	164
Vitamin E (alpha-tocopherol)	mg	0.49	0.46	0.06

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	31.5	29.6	3.8
Lipids				
Fatty acids, total saturated	g	0.079	0.074	0.009
Fatty acids, total monounsaturated	g	0.027	0.025	0.003
Fatty acids, total polyunsaturated	g	0.127	0.119	0.015
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0