

Basic Report 16101, Pigeon peas (red gram), mature seeds, raw

Report Date: September 15, 2019 12:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 205g
Proximates			
Water	g	10.59	21.71
Energy	kcal	343	703
Protein	g	21.70	44.48
Total lipid (fat)	g	1.49	3.05
Carbohydrate, by difference	g	62.78	128.70
Fiber, total dietary	g	15.0	30.8
Minerals			
Calcium, Ca	mg	130	266
Iron, Fe	mg	5.23	10.72
Magnesium, Mg	mg	183	375
Phosphorus, P	mg	367	752
Potassium, K	mg	1392	2854
Sodium, Na	mg	17	35
Zinc, Zn	mg	2.76	5.66
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.643	1.318
Riboflavin	mg	0.187	0.383
Niacin	mg	2.965	6.078
Vitamin B-6	mg	0.283	0.580
Folate, DFE	µg	456	935
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	28	57
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 205g
Lipids			
Fatty acids, total saturated	g	0.330	0.677
Fatty acids, total monounsaturated	g	0.012	0.025
Fatty acids, total polyunsaturated	g	0.814	1.669
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other