

## Basic Report 11301, Peas, edible-podded, boiled, drained, without salt

Report Date: July 23, 2019 18:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 160g
<b>Proximates</b>			
Water	g	88.91	142.26
Energy	kcal	42	67
Protein	g	3.27	5.23
Total lipid (fat)	g	0.23	0.37
Carbohydrate, by difference	g	7.05	11.28
Fiber, total dietary	g	2.8	4.5
Sugars, total	g	3.99	6.38
<b>Minerals</b>			
Calcium, Ca	mg	42	67
Iron, Fe	mg	1.97	3.15
Magnesium, Mg	mg	26	42
Phosphorus, P	mg	55	88
Potassium, K	mg	240	384
Sodium, Na	mg	4	6
Zinc, Zn	mg	0.37	0.59
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	47.9	76.6
Thiamin	mg	0.128	0.205
Riboflavin	mg	0.076	0.122
Niacin	mg	0.539	0.862
Vitamin B-6	mg	0.144	0.230
Folate, DFE	µg	29	46
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	52	83
Vitamin A, IU	IU	1030	1648
Vitamin E (alpha-tocopherol)	mg	0.39	0.62

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 160g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	25.0	40.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.044	0.070
Fatty acids, total monounsaturated	g	0.023	0.037
Fatty acids, total polyunsaturated	g	0.100	0.160
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0