

Basic Report 11302, Peas, edible-podded, frozen, unprepared

Report Date: September 22, 2017 09:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 144g	1 package (10 oz) 284g
Proximates				
Water	g	89.30	128.59	253.61
Energy	kcal	42	60	119
Protein	g	2.80	4.03	7.95
Total lipid (fat)	g	0.30	0.43	0.85
Carbohydrate, by difference	g	7.20	10.37	20.45
Fiber, total dietary	g	3.1	4.5	8.8
Minerals				
Calcium, Ca	mg	50	72	142
Iron, Fe	mg	2.00	2.88	5.68
Magnesium, Mg	mg	23	33	65
Phosphorus, P	mg	51	73	145
Potassium, K	mg	192	276	545
Sodium, Na	mg	4	6	11
Zinc, Zn	mg	0.41	0.59	1.16
Vitamins				
Vitamin C, total ascorbic acid	mg	22.0	31.7	62.5
Thiamin	mg	0.060	0.086	0.170
Riboflavin	mg	0.100	0.144	0.284
Niacin	mg	0.500	0.720	1.420
Vitamin B-6	mg	0.154	0.222	0.437
Folate, DFE	µg	40	58	114
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	7	10	20
Vitamin A, IU	IU	140	202	398
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.058	0.084	0.165
Fatty acids, total monounsaturated	g	0.031	0.045	0.088
Fatty acids, total polyunsaturated	g	0.133	0.192	0.378
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other