

## Basic Report 11344, Pigeonpeas, immature seeds, raw

Report Date: July 15, 2019 20:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 154g	10.0 seeds 4g
<b>Proximates</b>				
Water	g	65.88	101.46	2.64
Energy	kcal	136	209	5
Protein	g	7.20	11.09	0.29
Total lipid (fat)	g	1.64	2.53	0.07
Carbohydrate, by difference	g	23.88	36.78	0.96
Fiber, total dietary	g	5.1	7.9	0.2
Sugars, total	g	3.00	4.62	0.12
<b>Minerals</b>				
Calcium, Ca	mg	42	65	2
Iron, Fe	mg	1.60	2.46	0.06
Magnesium, Mg	mg	68	105	3
Phosphorus, P	mg	127	196	5
Potassium, K	mg	552	850	22
Sodium, Na	mg	5	8	0
Zinc, Zn	mg	1.04	1.60	0.04
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	39.0	60.1	1.6
Thiamin	mg	0.400	0.616	0.016
Riboflavin	mg	0.170	0.262	0.007
Niacin	mg	2.200	3.388	0.088
Vitamin B-6	mg	0.068	0.105	0.003
Folate, DFE	µg	173	266	7
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	5	0
Vitamin A, IU	IU	67	103	3
Vitamin E (alpha-tocopherol)	mg	0.39	0.60	0.02

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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	24.0	37.0	1.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.354	0.545	0.014
Fatty acids, total monounsaturated	g	0.013	0.020	0.001
Fatty acids, total polyunsaturated	g	0.873	1.344	0.035
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0