

Basic Report 16056, Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Report Date: December 12, 2017 07:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 200g	1 tbsp 12.5g
Proximates				
Water	g	7.68	15.36	0.96
Energy	kcal	378	756	47
Protein	g	20.47	40.94	2.56
Total lipid (fat)	g	6.04	12.08	0.76
Carbohydrate, by difference	g	62.95	125.90	7.87
Fiber, total dietary	g	12.2	24.4	1.5
Sugars, total	g	10.70	21.40	1.34
Minerals				
Calcium, Ca	mg	57	114	7
Iron, Fe	mg	4.31	8.62	0.54
Magnesium, Mg	mg	79	158	10
Phosphorus, P	mg	252	504	32
Potassium, K	mg	718	1436	90
Sodium, Na	mg	24	48	3
Zinc, Zn	mg	2.76	5.52	0.34
Vitamins				
Vitamin C, total ascorbic acid	mg	4.0	8.0	0.5
Thiamin	mg	0.477	0.954	0.060
Riboflavin	mg	0.212	0.424	0.026
Niacin	mg	1.541	3.082	0.193
Vitamin B-6	mg	0.535	1.070	0.067
Folate, DFE	µg	557	1114	70
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	6	0
Vitamin A, IU	IU	67	134	8
Vitamin E (alpha-tocopherol)	mg	0.82	1.64	0.10

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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	9.0	18.0	1.1
Lipids				
Fatty acids, total saturated	g	0.603	1.206	0.075
Fatty acids, total monounsaturated	g	1.377	2.754	0.172
Fatty acids, total polyunsaturated	g	2.731	5.462	0.341
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0