

Basic Report 16058, Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids

Report Date: February 24, 2018 13:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 can (total can contents) 448g
Proximates				
Water	g	78.55	188.52	351.90
Energy	kcal	88	211	394
Protein	g	4.92	11.81	22.04
Total lipid (fat)	g	1.95	4.68	8.74
Carbohydrate, by difference	g	13.49	32.38	60.44
Fiber, total dietary	g	4.4	10.6	19.7
Minerals				
Calcium, Ca	mg	35	84	157
Iron, Fe	mg	1.23	2.95	5.51
Magnesium, Mg	mg	27	65	121
Phosphorus, P	mg	80	192	358
Potassium, K	mg	144	346	645
Sodium, Na	mg	278	667	1245
Zinc, Zn	mg	0.69	1.66	3.09
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.2	0.4
Thiamin	mg	0.032	0.077	0.143
Riboflavin	mg	0.015	0.036	0.067
Niacin	mg	0.130	0.312	0.582
Vitamin B-6	mg	0.473	1.135	2.119
Folate, DFE ^a	µg	25	60	112
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	4
Vitamin A, IU	IU	15	36	67
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.204	0.490	0.914
Fatty acids, total monounsaturated	g	0.444	1.066	1.989
Fatty acids, total polyunsaturated	g	0.881	2.114	3.947
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

- ^a Value based on the analysis of 5-methyltetrahydrofolate
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