

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

Report Date: June 26, 2017 20:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 can (total can contents) 448g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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 <sup>a</sup>	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
Vitamin D	IU	0	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 240g</b>	<b>1 can (total can contents) 448g</b>
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

- <sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate
- <sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate
- <sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate