

## Basic Report 16060, Cowpeas, catjang, mature seeds, raw

Report Date: August 17, 2017 23:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 167g
<b>Proximates</b>			
Water	g	11.05	18.45
Energy	kcal	343	573
Protein	g	23.85	39.83
Total lipid (fat)	g	2.07	3.46
Carbohydrate, by difference	g	59.64	99.60
Fiber, total dietary	g	10.7	17.9
<b>Minerals</b>			
Calcium, Ca	mg	85	142
Iron, Fe	mg	9.95	16.62
Magnesium, Mg	mg	333	556
Phosphorus, P	mg	438	731
Potassium, K	mg	1375	2296
Sodium, Na	mg	58	97
Zinc, Zn	mg	6.11	10.20
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.5	2.5
Thiamin	mg	0.680	1.136
Riboflavin	mg	0.170	0.284
Niacin	mg	2.795	4.668
Vitamin B-6	mg	0.361	0.603
Folate, DFE	µg	639	1067
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	3
Vitamin A, IU	IU	33	55
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 167g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.542	0.905
Fatty acids, total monounsaturated	g	0.173	0.289
Fatty acids, total polyunsaturated	g	0.889	1.485
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**