

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

Report Date: June 19, 2019 03:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 167g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup 167g
Lipids			
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