

Full Report (All Nutrients) 16060, Cowpeas, catjang, mature seeds, raw

Report Date: July 15, 2019 20:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 167g
Proximates					
Water	g	11.05	3	0.720	18.45
Energy	kcal	343	--	--	573
Energy	kJ	1435	--	--	2396
Protein	g	23.85	3	0.610	39.83
Total lipid (fat)	g	2.07	3	0.340	3.46
Ash	g	3.39	4	0.040	5.66
Carbohydrate, by difference	g	59.64	--	--	99.60
Fiber, total dietary	g	10.7	--	--	17.9
Minerals					
Calcium, Ca	mg	85	4	15.000	142
Iron, Fe	mg	9.95	4	2.090	16.62
Magnesium, Mg	mg	333	4	92.000	556
Phosphorus, P	mg	438	4	55.000	731
Potassium, K	mg	1375	4	152.000	2296
Sodium, Na	mg	58	3	36.000	97
Zinc, Zn	mg	6.11	2	--	10.20
Copper, Cu	mg	1.059	4	0.170	1.769
Manganese, Mn	mg	1.544	--	--	2.578
Selenium, Se	µg	9.1	--	--	15.2
Vitamins					
Vitamin C, total ascorbic acid	mg	1.5	--	--	2.5
Thiamin	mg	0.680	1	--	1.136

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 167g
Riboflavin	mg	0.170	2	--	0.284
Niacin	mg	2.795	2	--	4.668
Pantothenic acid	mg	1.511	--	--	2.523
Vitamin B-6	mg	0.361	--	--	0.603
Folate, total	µg	639	--	--	1067
Folic acid	µg	0	--	--	0
Folate, food	µg	639	--	--	1067
Folate, DFE	µg	639	--	--	1067
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	1	--	3
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	33	1	--	55
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.542	--	--	0.905
12:0	g	0.001	--	--	0.002
14:0	g	0.004	--	--	0.007
16:0	g	0.417	--	--	0.696
18:0	g	0.087	--	--	0.145
Fatty acids, total monounsaturated	g	0.173	--	--	0.289
16:1 undifferentiated	g	0.006	--	--	0.010
18:1 undifferentiated	g	0.144	--	--	0.240
20:1	g	0.002	--	--	0.003
22:1 undifferentiated	g	0.019	--	--	0.032
Fatty acids, total polyunsaturated	g	0.889	--	--	1.485
18:2 undifferentiated	g	0.563	--	--	0.940
18:3 undifferentiated	g	0.326	--	--	0.544
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.294	49	--	0.491
Threonine	g	0.908	72	--	1.516

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 167g
Isoleucine	g	0.969	72	--	1.618
Leucine	g	1.828	72	--	3.053
Lysine	g	1.614	78	--	2.695
Methionine	g	0.340	108	--	0.568
Cystine	g	0.263	92	--	0.439
Phenylalanine	g	1.393	72	--	2.326
Tyrosine	g	0.771	54	--	1.288
Valine	g	1.137	71	--	1.899
Arginine	g	1.652	71	--	2.759
Histidine	g	0.740	71	--	1.236
Alanine	g	1.088	52	--	1.817
Aspartic acid	g	2.881	52	--	4.811
Glutamic acid	g	4.518	52	--	7.545
Glycine	g	0.985	52	--	1.645
Proline	g	1.072	51	--	1.790
Serine	g	1.194	52	--	1.994

Other

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1919 CATJANG BEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE