

Basic Report 16062, Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Report Date: February 20, 2018 08:31 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 167g	1 tbsp 10.5g
Proximates				
Water	g	11.95	19.96	1.25
Energy	kcal	336	561	35
Protein	g	23.52	39.28	2.47
Total lipid (fat)	g	1.26	2.10	0.13
Carbohydrate, by difference	g	60.03	100.25	6.30
Fiber, total dietary	g	10.6	17.7	1.1
Sugars, total	g	6.90	11.52	0.72
Minerals				
Calcium, Ca	mg	110	184	12
Iron, Fe	mg	8.27	13.81	0.87
Magnesium, Mg	mg	184	307	19
Phosphorus, P	mg	424	708	45
Potassium, K	mg	1112	1857	117
Sodium, Na	mg	16	27	2
Zinc, Zn	mg	3.37	5.63	0.35
Vitamins				
Vitamin C, total ascorbic acid	mg	1.5	2.5	0.2
Thiamin	mg	0.853	1.425	0.090
Riboflavin	mg	0.226	0.377	0.024
Niacin	mg	2.075	3.465	0.218
Vitamin B-6	mg	0.357	0.596	0.037
Folate, DFE	µg	633	1057	66
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	5	0
Vitamin A, IU	IU	50	84	5
Vitamin E (alpha-tocopherol)	mg	0.39	0.65	0.04

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	5.0	8.3	0.5
Lipids				
Fatty acids, total saturated	g	0.331	0.553	0.035
Fatty acids, total monounsaturated	g	0.106	0.177	0.011
Fatty acids, total polyunsaturated	g	0.542	0.905	0.057
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0