

Basic Report 16157, Chickpea flour (besan)

Report Date: August 18, 2019 00:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 92g
Proximates			
Water	g	10.28	9.46
Energy	kcal	387	356
Protein	g	22.39	20.60
Total lipid (fat)	g	6.69	6.15
Carbohydrate, by difference	g	57.82	53.19
Fiber, total dietary	g	10.8	9.9
Sugars, total	g	10.85	9.98
Minerals			
Calcium, Ca	mg	45	41
Iron, Fe	mg	4.86	4.47
Magnesium, Mg	mg	166	153
Phosphorus, P	mg	318	293
Potassium, K	mg	846	778
Sodium, Na	mg	64	59
Zinc, Zn	mg	2.81	2.59
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.486	0.447
Riboflavin	mg	0.106	0.098
Niacin	mg	1.762	1.621
Vitamin B-6	mg	0.492	0.453
Folate, DFE	µg	437	402
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	2
Vitamin A, IU	IU	41	38
Vitamin E (alpha-tocopherol)	mg	0.83	0.76

Nutrient	Unit	1 Value Per100 g	1 cup 92g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	9.1	8.4
Lipids			
Fatty acids, total saturated	g	0.693	0.638
Fatty acids, total monounsaturated	g	1.504	1.384
Fatty acids, total polyunsaturated	g	2.983	2.744
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0