



Food ID: C004

Food name and Description: Chickpea, dried

Scientific name: *Cicer arietinum*

Alternate/Common name(s): Garbansos/Garbanzo, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	10.4
Energy, calculated (kcal)	377
Protein (g)	19.2
Total Fat (g)	6.2
Carbohydrate, total (g)	61.2
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	11.8
Sugars, total (g)	10.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	129
Phosphorus, P (mg)	303
Iron, Fe (mg)	3.4
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.2
Niacin from tryptophan (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.62
Fatty acids, monounsaturated, total (g)	1.41
Fatty acids, polyunsaturated, total(g)	2.8

Cholesterol (mg)

0