



**Food ID:** C005

**Food name and Description:** Chickpea, dried, boiled

**Scientific name:** *Cicer arietinum*

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

**Edible portion:** 86%

## Proximates (Food Composition per 100g Edible Portion)

Water (g)	52.2
Energy, calculated (kcal)	198
Protein (g)	5.7
Total Fat (g)	2
Carbohydrate, total (g)	39.2
Ash, total (g)	0.9

## Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	9.1
Sugars, total (g)	5.8

## Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	49
Phosphorus, P (mg)	113
Iron, Fe (mg)	1
Sodium, Na (mg)	8

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	7
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.4
Niacin from tryptophan (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.45
Fatty acids, polyunsaturated, total(g)	0.89

Cholesterol (mg)

0