



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