



Food ID: C039

Food name and Description: Pigeon pea seed, dried

Scientific name: *Cajanus cajan*

Alternate/Common name(s): Kadyos buto, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	10.6
Energy, calculated (kcal)	348
Protein (g)	21.2
Total Fat (g)	1.2
Carbohydrate, total (g)	63.2
Ash, total (g)	3.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	15
Sugars, total (g)	7.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	131
Phosphorus, P (mg)	300
Iron, Fe (mg)	6
Sodium, Na (mg)	17

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.63
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.27
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	0