



Food ID: C040

Food name and Description: Pigeon pea seed, dried, boiled

Scientific name: *Cajanus cajan*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.9
Energy, calculated (kcal)	125
Protein (g)	5.7
Total Fat (g)	0.6
Carbohydrate, total (g)	24.3
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.8
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	45
Phosphorus, P (mg)	119
Iron, Fe (mg)	1.1
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	11
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.27
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.32
Cholesterol (mg)	0