



Food ID: C054

Food name and Description: Green pea, dried, fried & seasoned

Scientific name:

Alternate/Common name(s): Gisantes, tuyoy, prito, tinimpla

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.8
Energy, calculated (kcal)	468
Protein (g)	19
Total Fat (g)	20.3
Carbohydrate, total (g)	52.4
Ash, total (g)	4.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	24.7
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	89
Phosphorus, P (mg)	256
Iron, Fe (mg)	0.3
Sodium, Na (mg)	577

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	165
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.46
Fatty acids, monounsaturated, total (g)	8.22
Fatty acids, polyunsaturated, total(g)	2.72
Cholesterol (mg)	6