



Food ID: C055

Food name and Description: Green pea, in brine, cnd

Scientific name:

Alternate/Common name(s): Gisantes, de lata

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.9
Energy, calculated (kcal)	118
Protein (g)	6.9
Total Fat (g)	1.1
Carbohydrate, total (g)	20.1
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.1
Sugars, total (g)	4.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	45
Phosphorus, P (mg)	83
Iron, Fe (mg)	2.3
Sodium, Na (mg)	449

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.2
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.52
Cholesterol (mg)	0