



**Food ID:** D023

**Food name and Description:** Blue pea pod

**Scientific name:** *Clitoria ternatea*

**Alternate/Common name(s):** Pukinggan bunga/Asian pigeonwings pod

**Edible portion:** 94%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	82.8
Energy, calculated (kcal)	68
Protein (g)	3.8
Total Fat (g)	0.4
Carbohydrate, total (g)	12.2
Ash, total (g)	0.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.8
Sugars, total (g)	5.8

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	42
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.4
Sodium, Na (mg)	11

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	670
Retinol Activity Equivalent, RAE (µg)	56
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	248

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.19
Cholesterol (mg)	0