



Food ID: D061

Food name and Description: Cowpea lvs

Scientific name: *Vigna unguiculata*

Alternate/Common name(s): Paayap dahon

Edible portion: 64%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.3
Energy, calculated (kcal)	49
Protein (g)	4.9
Total Fat (g)	1.4
Carbohydrate, total (g)	4.3
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	160
Phosphorus, P (mg)	97
Iron, Fe (mg)	2.2
Sodium, Na (mg)	8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3105
Retinol Activity Equivalent, RAE (µg)	259
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	19

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.37
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.59
Cholesterol (mg)	0