

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines

PHOTO TO BE SUPPLIED

Food ID: D062

Food name and Description: Cowpea lvs, boiled Scientific name: Vigna unguiculata Alternate/Common name(s): Paayap dahon, nilaga Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.5
Energy, calculated (kcal)	30
Protein (g)	1.9
Total Fat (g)	0.4
Carbohydrate, total (g)	4.6
Ash, total (g)	0.6

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)	78
Phosphorus, P (mg)	41
Iron, Fe (mg)	1
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	1495
Retinol Activity Equivalent, RAE (µg)	125
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.1
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 17:59:15