



Food ID: D064

Food name and Description: Cowpea pod, boiled

Scientific name: *Vigna unguiculata*

Alternate/Common name(s): Paayap bunga, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.8
Energy, calculated (kcal)	52
Protein (g)	2.8
Total Fat (g)	0.4
Carbohydrate, total (g)	9.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.1
Sugars, total (g)	4.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	88
Phosphorus, P (mg)	54
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	485
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	18

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	0