



Food ID: D065

Food name and Description: Cowpea seed, fresh

Scientific name: *Vigna unguiculata*

Alternate/Common name(s): Paayap buto, sariwa

Edible portion: 28%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.5
Energy, calculated (kcal)	86
Protein (g)	5.1
Total Fat (g)	0.1
Carbohydrate, total (g)	16.1
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.9
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	47
Phosphorus, P (mg)	121
Iron, Fe (mg)	1.4
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	3
Ascorbic Acid, Vitamin C (mg)	38

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0