



**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