



Food ID: D175

Food name and Description: Pigeon pea pod

Scientific name: *Cajanus cajan*

Alternate/Common name(s): Kadyos bunga

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 61.7 |
| Energy, calculated (kcal) | 149 |
| Protein (g) | 8.2 |
| Total Fat (g) | 0.7 |
| Carbohydrate, total (g) | 27.4 |
| Ash, total (g) | 2 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 9 |
| Sugars, total (g) | 13.8 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 77 |
| Phosphorus, P (mg) | 190 |
| Iron, Fe (mg) | 1.5 |
| Sodium, Na (mg) | 5 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 105 |
| Retinol Activity Equivalent, RAE (µg) | 9 |
| Thiamin, Vitamin B1 (mg) | 0.41 |
| Riboflavin, Vitamin B2 (mg) | 0.16 |
| Niacin (mg) | 1.6 |
| Ascorbic Acid, Vitamin C (mg) | 16 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.14 |
| Fatty acids, monounsaturated, total (g) | 0.07 |
| Fatty acids, polyunsaturated, total(g) | 0.31 |
| Cholesterol (mg) | 0 |