



**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