

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 18:03:39