



Food ID: D176

Food name and Description: Pigeon pea pod, boiled

Scientific name: *Cajanus cajan*

Alternate/Common name(s): Kadyos bunga, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.4
Energy, calculated (kcal)	84
Protein (g)	5.6
Total Fat (g)	0.3
Carbohydrate, total (g)	14.7
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.5
Sugars, total (g)	7.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	48
Phosphorus, P (mg)	105
Iron, Fe (mg)	0.7
Sodium, Na (mg)	8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	75
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	11

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0