



Food ID: D177

Food name and Description: Pigeon pea seed, fresh

Scientific name: *Cajanus cajan*

Alternate/Common name(s): Kadyos buto, sariwa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	62.6
Energy, calculated (kcal)	143
Protein (g)	8.2
Total Fat (g)	0.7
Carbohydrate, total (g)	26
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.3
Sugars, total (g)	13.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	77
Phosphorus, P (mg)	178
Iron, Fe (mg)	1.7
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.42
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	28

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.16
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	0