



Food ID: D212

Food name and Description: Snow/Sugar pea pod, boiled

Scientific name: *Pisum sativum var. macrocarpon*

Alternate/Common name(s): Sitsaro, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90
Energy, calculated (kcal)	40
Protein (g)	1.5
Total Fat (g)	0.4
Carbohydrate, total (g)	7.6
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.5
Sugars, total (g)	3.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	91
Phosphorus, P (mg)	88
Iron, Fe (mg)	0.8
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	350
Retinol Activity Equivalent, RAE (µg)	29
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	38

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	0