

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 11300,Peas, edible-podded, raw

<u>Nutrient</u>	<u>5"pea pods"17.0g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"cup, chopped"9 8.0g</u>	<u>1.0"cup, whole"6 3.0g</u>
Proximates					
Water	15.11	g	88.89	87.11	56
Energy	7	kcal	42	41	26
Protein	0.48	g	2.8	2.74	1.76
Total lipid (fat)	0.03	g	0.2	0.2	0.13
Carbohydrate, by difference	1.28	g	7.55	7.4	4.76
Fiber, total dietary	0.4	g	2.6	2.5	1.6
Sugars, total	0.68	g	4	3.92	2.52
Minerals					
Calcium, Ca	7	mg	43	42	27
Iron, Fe	0.35	mg	2.08	2.04	1.31
Magnesium, Mg	4	mg	24	24	15
Phosphorus, P	9	mg	53	52	33
Potassium, K	34	mg	200	196	126
Sodium, Na	1	mg	4	4	3
Zinc, Zn	0.05	mg	0.27	0.26	0.17
Vitamins					
Vitamin C, total ascorbic acid	10.2	mg	60	58.8	37.8
Thiamin	0.026	mg	0.15	0.147	0.094
Riboflavin	0.014	mg	0.08	0.078	0.05
Niacin	0.102	mg	0.6	0.588	0.378
Vitamin B-6	0.027	mg	0.16	0.157	0.101
Folate, DFE	7	Âµg	42	41	26
Vitamin B-12	0	Âµg	0	0	0
Vitamin A, RAE	9	Âµg	54	53	34
Vitamin A, IU	185	IU	1087	1065	685
Vitamin E (alpha-tocopherol)	0.07	mg	0.39	0.38	0.25
Vitamin D (D2 + D3)	0	Âµg	0	0	0
Vitamin D	0	IU	0	0	0
Vitamin K (phylloquinone)	4.2	Âµg	25	24.5	15.8
Lipids					
Fatty acids, total saturated	0.007	g	0.039	0.038	0.025
Fatty acids, total monounsaturated	0.004	g	0.021	0.021	0.013
Fatty acids, total polyunsaturated	0.015	g	0.089	0.087	0.056
Cholesterol	0	mg	0	0	0
Other					
Caffeine	0	mg	0	0	0