

## Food

**Name:** Peas, fresh, boiled

**Group:** Legumes (fresh and dried)

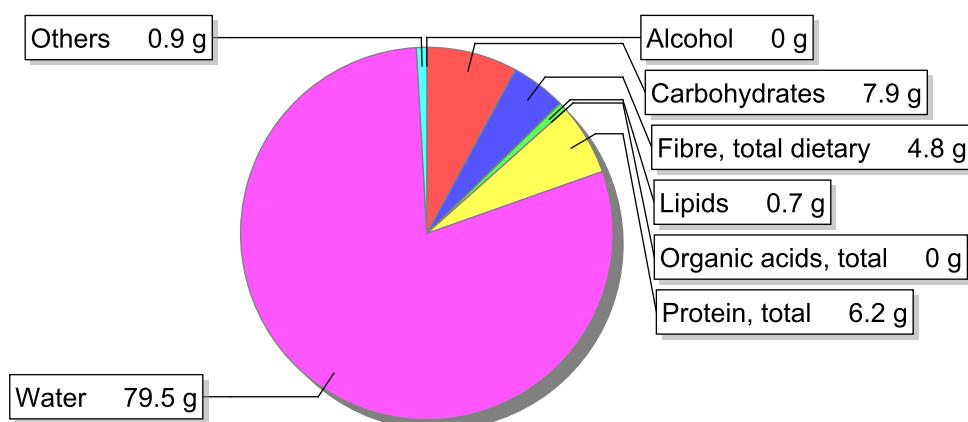
**Subgroup:** Fresh legumes

**Edible Part:** 100%

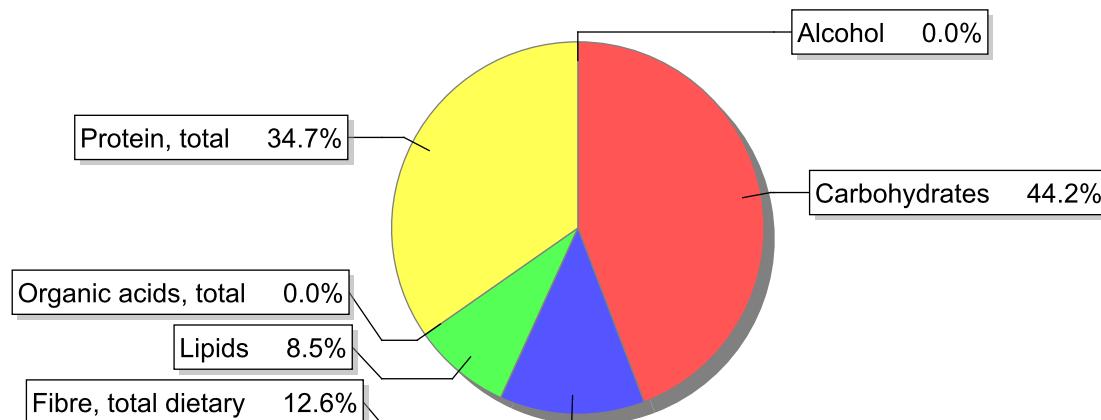
**Code:** IS570

**FoodEX2 Code:** A012J

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 72    | kcal |           |
| energy kJ, total metabolisable     | 304   | kJ   |           |
| fatty acids, total saturated       | 0.1   | g    |           |
| fatty acids, total monounsaturated | 0.1   | g    |           |
| fatty acids, total polyunsaturated | 0.3   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0.3   | g    |           |
| fatty acids, total trans           | 0     | g    |           |
| sugars, total                      | 1.6   | g    |           |
| sucrose                            | 1.4   | g    |           |

| Name  | Value | Unit | Source(s) |
|---|-------|------|-----------|
| lactose   | 0     | g    |           |
| oligosaccharides, available                                     | 1.4   | g    |           |
| fibre, total dietary  | 4.8   | g    |           |
| protein, total  | 6.2   | g    |           |
| alcohol   | 0     | g    |           |
| water   | 79.5  | g    |           |
| organic acids, total  | 0     | g    |           |
| cholesterol   | 0     | mg   |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 44    | µg   |           |
| carotene, total (vitamin A precursors)                          | 266   | µg   |           |
| vitamin D   | 0     | µg   |           |
| alpha-tocopherol  | 0.2   | mg   |           |
| thiamin   | 0.6   | mg   |           |
| riboflavin  | 0.02  | mg   |           |
| niacin, preformed   | 0.9   | mg   |           |
| niacin equivalents, total                                       | 1.9   | mg   |           |
| niacin equivalents from tryptophan                              | 1     | mg   |           |
| vitamin B-6, total  | 0.09  | mg   |           |
| vitamin B-12  | 0     | µg   |           |
| vitamin C   | 13    | mg   |           |
| folate, total   | 38    | µg   |           |
| ash   | 0.66  | g    |           |
| sodium  | 110   | mg   |           |
| potassium   | 330   | mg   |           |
| calcium   | 37    | mg   |           |
| phosphorus  | 68    | mg   |           |
| magnesium   | 21    | mg   |           |
| iron, total   | 1.1   | mg   |           |
| zinc  | 0.4   | mg   |           |

## Legend

| Code | Name        |
|------|-------------|
| g    | gram        |
| kJ   | kilojoule   |
| kcal | kilocalorie |
| mg   | milligram   |
| µg   | microgram   |

## References

| Id   | Reference           |
|------|---------------------|
| 1140 | TDS_Iodo_INSA_LAB_2 |