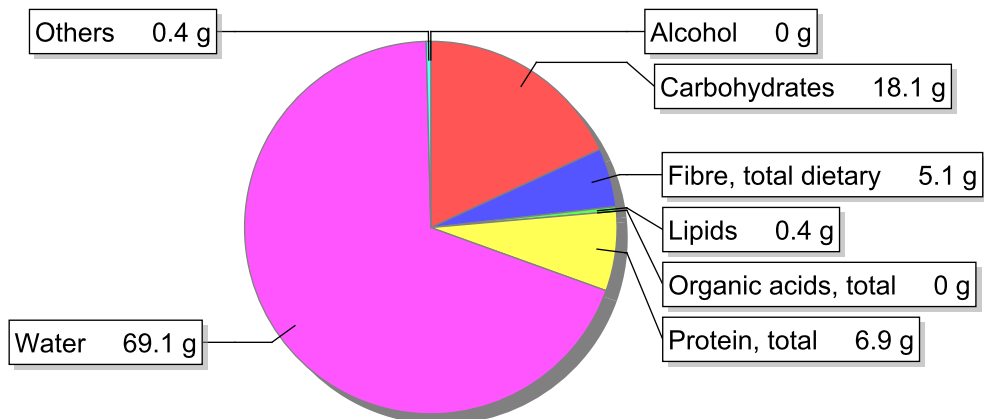


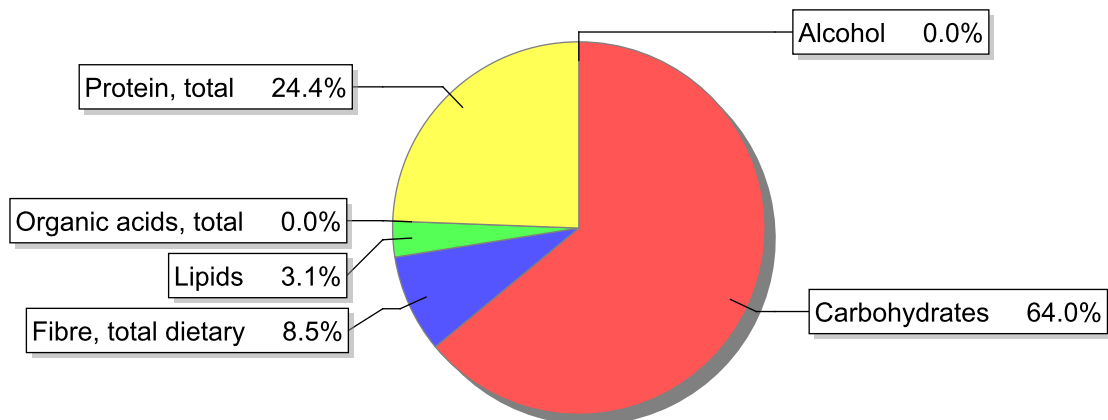
Food

Name: Peas, dried, boiled
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS526
FoodEX2 Code: A013J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	114	kcal	
energy kJ, total metabolisable	481	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0	g	57
sugars, total	0.9	g	57
sucrose	0.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.7	g	
fibre, total dietary	5.1	g	57
protein, total	6.9	g	57
alcohol	0	g	57
water	69.1	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	13	µg	57
carotene, total (vitamin A precursors)	80	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.34	mg	57
thiamin	0.11	mg	57
riboflavin	0.07	mg	57
niacin, preformed	1	mg	
niacin equivalents, total	2.1	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.36	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	
folate, total	10	µg	
ash	0.87	g	
sodium	250	mg	57
potassium	270	mg	57
calcium	24	mg	57
phosphorus	110	mg	57
magnesium	32	mg	57
iron, total	1.4	mg	57
zinc	1	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB