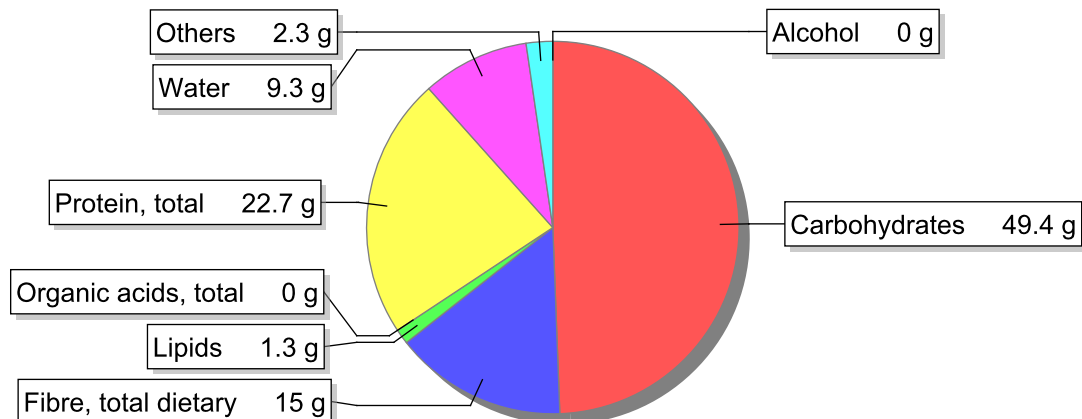


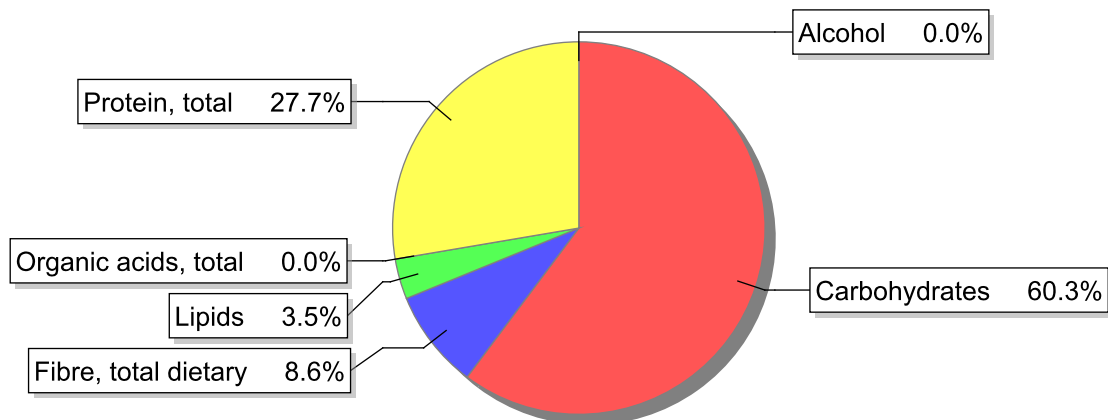
Food

Name: Peas, dried, raw
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS525
FoodEX2 Code: A013J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	330	kcal	
energy kJ, total metabolisable	1390	kJ	
fatty acids, total saturated	0.5	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	2.3	g	
sucrose	2.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1.7	g	
fibre, total dietary	15	g	
protein, total	22.7	g	
alcohol	0	g	
water	9.3	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)	262	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.88	mg	
riboflavin	0.3	mg	
niacin, preformed	2.9	mg	
niacin equivalents, total	6.6	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	33	µg	
ash	2.30	g	
sodium	40	mg	
potassium	1040	mg	
calcium	61	mg	
phosphorus	340	mg	
magnesium	120	mg	
iron, total	3.7	mg	
zinc	3.7	mg	

Legend

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

References