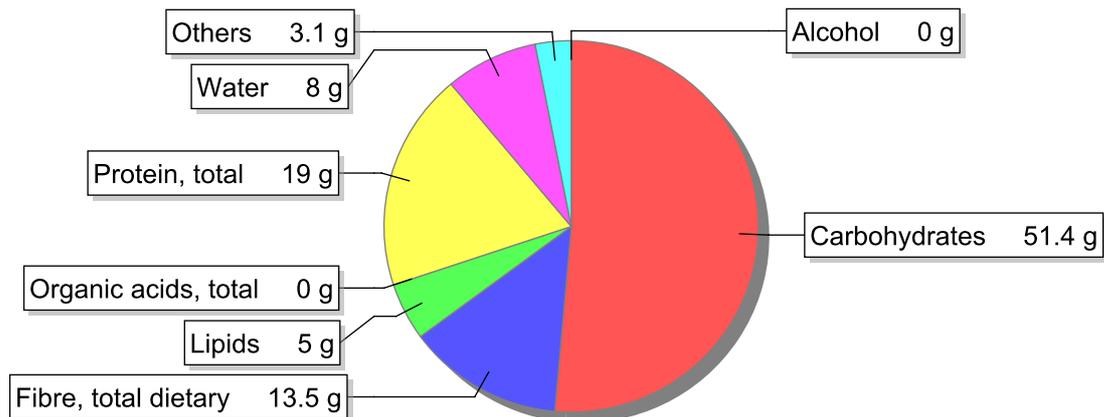


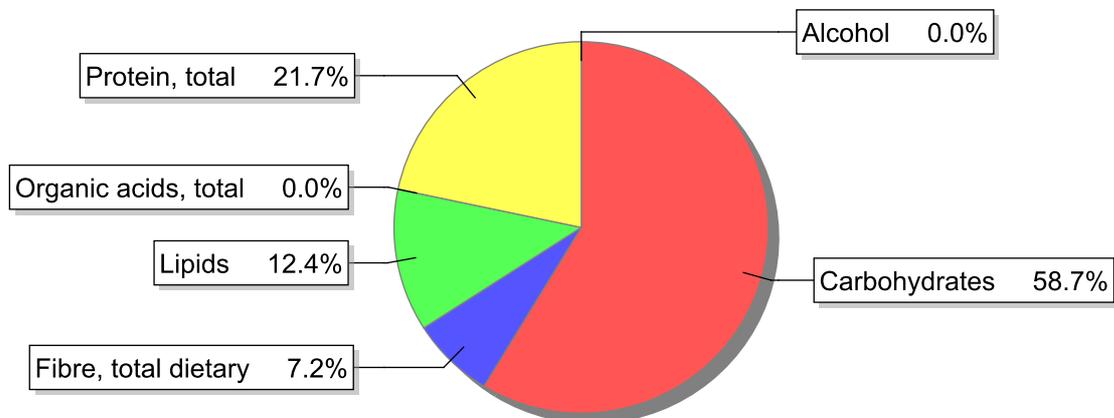
Food

Name: Chick peas, raw
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS535
FoodEX2 Code: A013M

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	354	kcal	
energy kJ, total metabolisable	1490	kJ	
fatty acids, total saturated	0.5	g	57
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.5	g	
fatty acids, total trans	0	g	
sugars, total	2.8	g	
sucrose	2.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	45.2	g	
protein, total	19	g	57
alcohol	0	g	
water	8	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	60	µg	
vitamin D	0	µg	
alpha-tocopherol	2.7	mg	
thiamin	0.41	mg	57
riboflavin	0.15	mg	
niacin, preformed	1.9	mg	
niacin equivalents, total	4.4	mg	
niacin equivalents from tryptophan	2.5	mg	
vitamin B-6, total	0.5	mg	
vitamin B-12	0	µg	
vitamin C	3	mg	57
folate, total	180	µg	
ash	3.00	g	
sodium	6	mg	57
potassium	980	mg	57
calcium	140	mg	57
phosphorus	240	mg	57
magnesium	100	mg	57
iron, total	6.3	mg	57
zinc	2.5	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