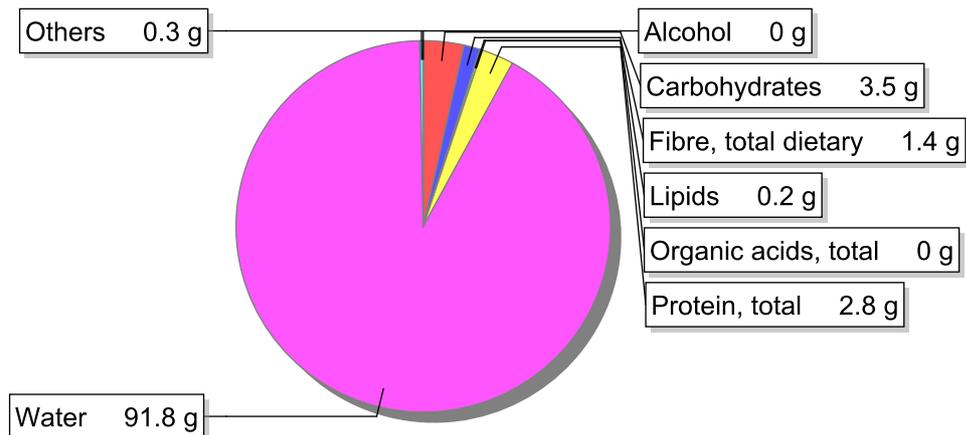


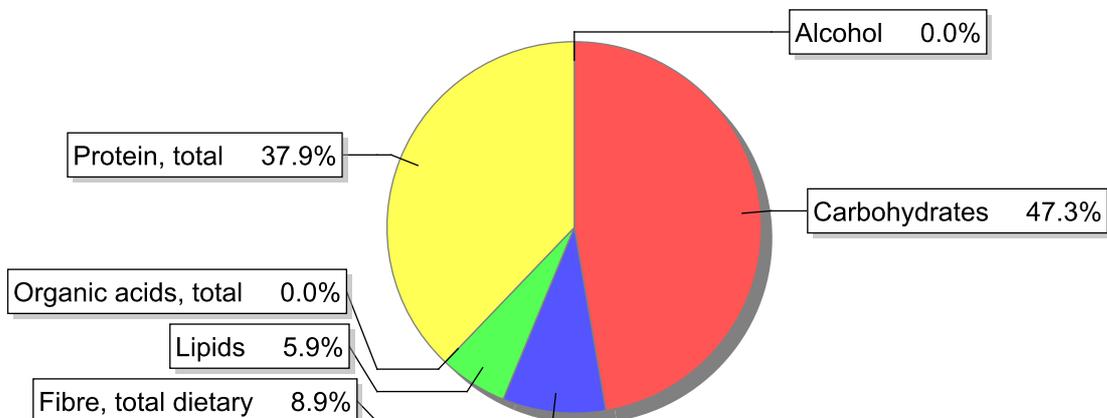
Food

Name: Mange-tout peas, boiled
Group: Legumes (fresh and dried)
Subgroup: Fresh legumes
Edible Part: 100%
Code: IS572
FoodEX2 Code: A00PY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	30	kcal	
energy kJ, total metabolisable	126	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	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	2.6	g	
sucrose	0.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.4	g	
protein, total	2.8	g	
alcohol	0	g	
water	91.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	31	µg	
carotene, total (vitamin A precursors)	184	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.11	mg	
riboflavin	0.11	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	19	mg	
folate, total	4	µg	
ash	0.40	g	
sodium	99	mg	
potassium	130	mg	
calcium	41	mg	
phosphorus	36	mg	
magnesium	17	mg	
iron, total	0.5	mg	
zinc	0.5	mg	

Legend

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

References