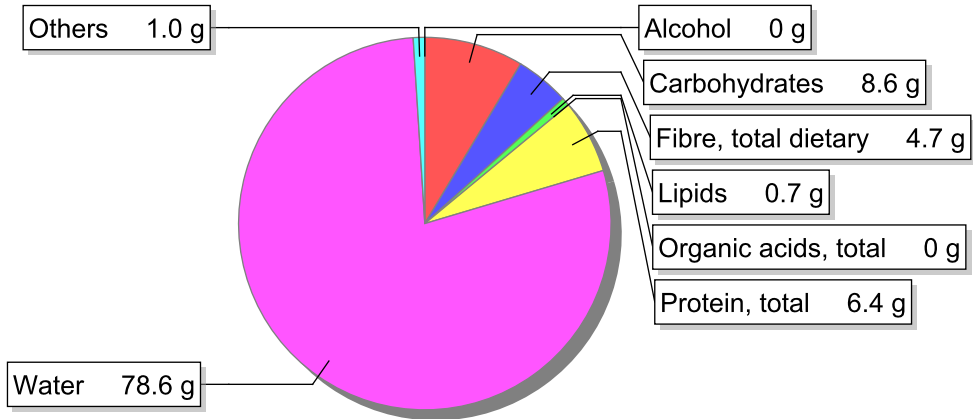


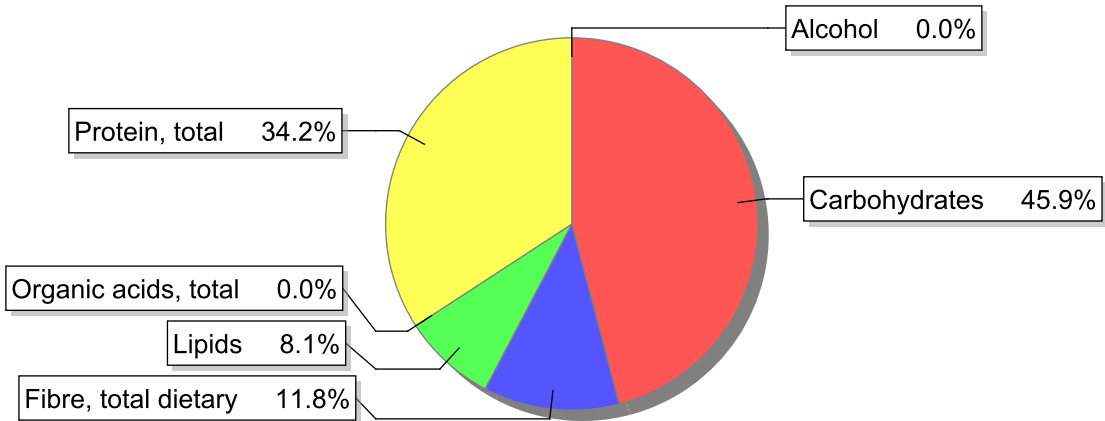
Food

Name: Peas, fresh, raw
Group: Legumes (fresh and dried)
Subgroup: Fresh legumes
Edible Part: 42%
Code: IS569
FoodEX2 Code: A012J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	76	kcal	
energy kJ, total metabolisable	319	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	1.8	g	
sucrose	1.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
starch, total	5.3	g	
protein, total	6.4	g	
alcohol	0	g	
water	78.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	48	µg	
carotene, total (vitamin A precursors)	290	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.74	mg	
riboflavin	0.02	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	2.1	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	0	µg	
vitamin C	20	mg	
folate, total	62	µg	
ash	0.92	g	
sodium	11	mg	
potassium	360	mg	
calcium	36	mg	
phosphorus	130	mg	
magnesium	21	mg	
iron, total	2	mg	
zinc	1	mg	

Legend

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

References