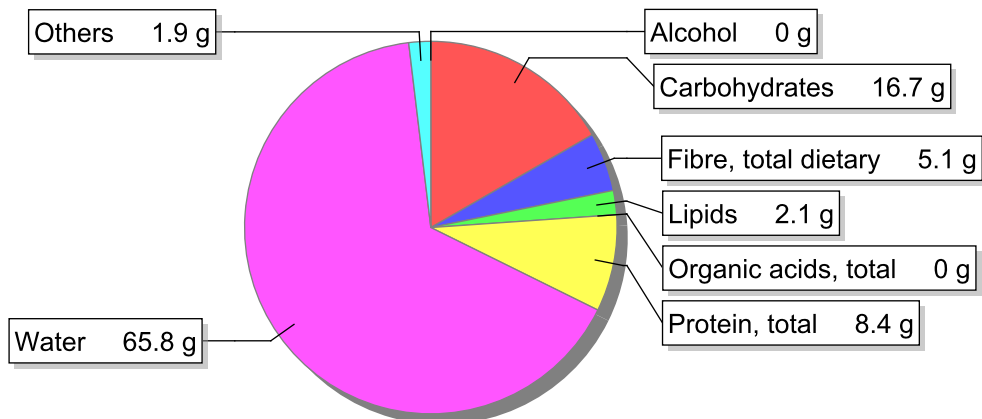


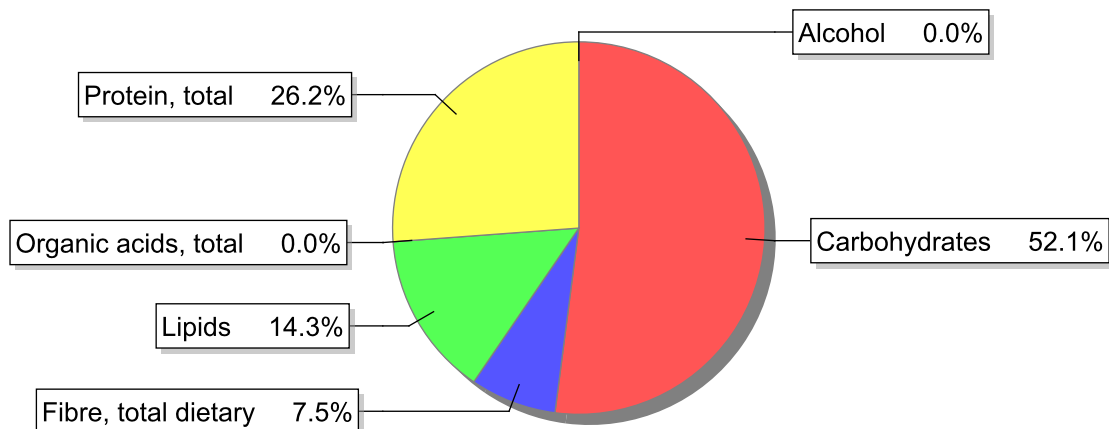
Food

Name: Chick peas, soaken, boiled
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS536
FoodEX2 Code: A013M

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	130	kcal	
energy kJ, total metabolisable	545	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	1	g	
sucrose	0.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.6	g	
starch, total	15.1	g	
protein, total	8.4	g	
alcohol	0	g	
water	65.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	23	µg	
vitamin D	0	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.1	mg	
riboflavin	0.07	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	1.8	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	54	µg	
iodide	0.2	µg	1140
sodium	250	mg	
potassium	270	mg	
calcium	46	mg	
phosphorus	83	mg	
magnesium	39	mg	
iron, total	2.1	mg	
zinc	1.2	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2