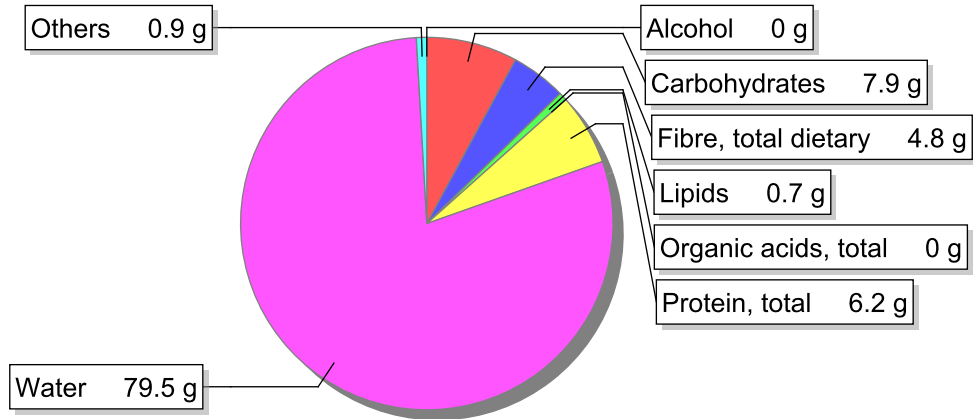


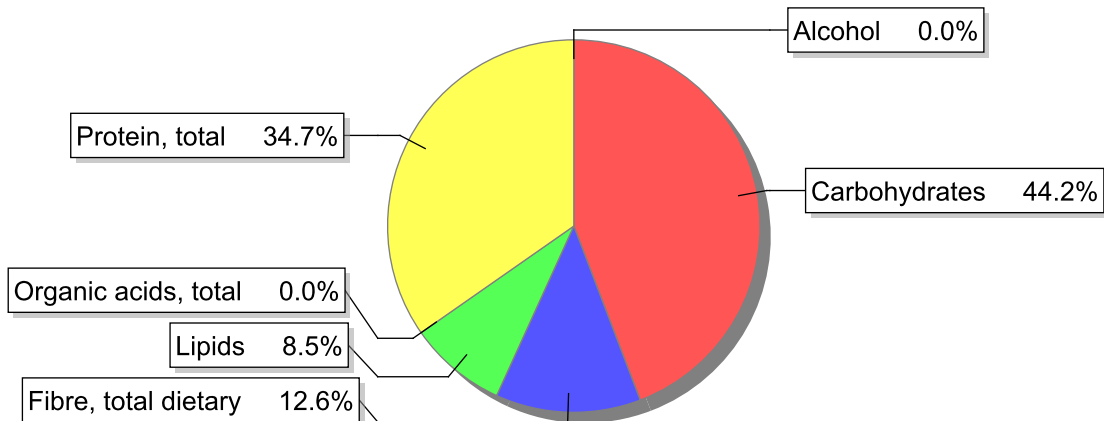
Food

Name: Peas, fresh, boiled
Group: Legumes (fresh and dried)
Subgroup: Fresh legumes
Edible Part: 100%
Code: IS570
FoodEX2 Code: A012J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	72	kcal	
energy kJ, total metabolisable	304	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	1.6	g	
sucrose	1.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1.4	g	
fibre, total dietary	4.8	g	
protein, total	6.2	g	
alcohol	0	g	
water	79.5	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)	266	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.6	mg	
riboflavin	0.02	mg	
niacin, preformed	0.9	mg	
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	13	mg	
folate, total	38	µg	
ash	0.66	g	
sodium	110	mg	
potassium	330	mg	
calcium	37	mg	
phosphorus	68	mg	
magnesium	21	mg	
iron, total	1.1	mg	
zinc	0.4	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2