



COWPEA NUTRITION FACTS



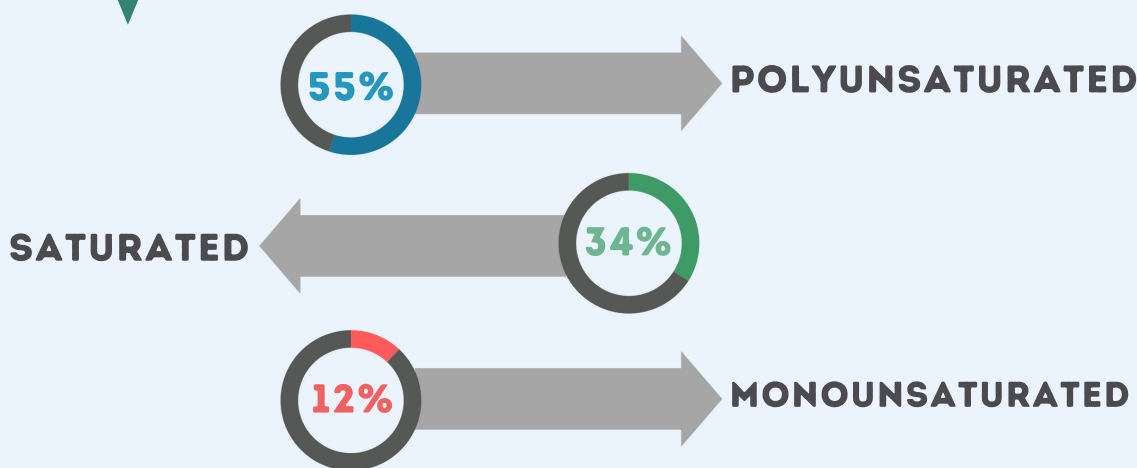
CALORIES 44/100GM

	AMOUNT
CARBOHYDRATE	9.50 G
FAT	0.30 G
PROTEIN	3.30 G
CHOLESTEROL	0.00
FIBER	3.3 G
RIBOFLAVIN	0.140 MG
SODIUM, NA	4 MG
THIAMIN	0.150 MG

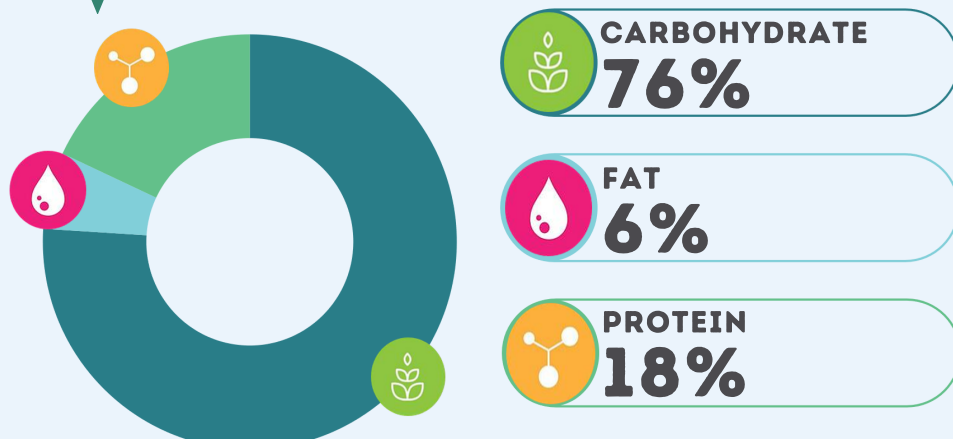
	AMOUNT
NIACIN	1.200 MG
VITAMIN A	68 MCG
VITAMIN B12	0.00
VITAMIN B6	0.173 MG
VITAMIN C	33 MG
VITAMIN D	0.00
FOLATE	53 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



COWPEA OTHER NAMES

- VIGNA UNGUICULATA
- BLACK-EYE PEA
- CROWDER PEA
- SNAKE PEA
- SOUTHERN PEA
- NIEBE

MINERALS IN COWPEA

65 MG	CALCIUM, CA	5 % (DV)
0.100 MG	COPPER, CU	11 % (DV)
1.00 MG	IRON, FE	6 % (DV)
58 MG	MAGNESIUM, MG	14 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
65 MG	PHOSPHORUS, P	9 % (DV)
215 MG	POTASSIUM, K	5 % (DV)
0.34 MG	ZINC, ZN	3 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.