Case No.: IPR2023-00206
U.S. Patent No. 9,943,096

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Peas, green, raw

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy
Food Category: Vegetables and Vegetable Products
FDC ID: 170419
NDB Number: 11304
FDC Published: 4/1/2019

Nutrients **Measures** **Other Information**

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
Water	78.9	g								8/1/1984
Energy	81	kcal	Calculated							3/1/2007
Energy	339	kJ	Calculated							3/1/2007
Protein	5.42	g								8/1/1984
Total lipid (fat)	0.4	g								8/1/1984
Ash	0.87	g								8/1/1984
Carbohydrate, by difference	14.4	g	Calculated							3/1/2007
Fiber, total dietary	5.7	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							8/1/2015
Sugars, Total	5.67	g	Calculated							3/1/2007

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
Sucrose	4.99	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Glucose	0.12	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Fructose	0.39	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Lactose	0	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Maltose	0.17	g	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Galactose	0	g	Based on another form							9/1/2002

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
			of the food or similar food; Concentration adjustment; Solids; Retention factors not used							
Calcium, Ca	25	mg								8/1/1984
Iron, Fe	1.47	mg								8/1/1984
Magnesium, Mg	33	mg								8/1/1984
Phosphorus, P	108	mg								8/1/1984
Potassium, K	244	mg								8/1/1984
Sodium, Na	5	mg								8/1/1984
Zinc, Zn	1.24	mg								8/1/1984
Copper, Cu	0.176	mg								8/1/1984
Manganese, Mn	0.41	mg								8/1/1984
Selenium, Se	1.8	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							12/1/1997
Vitamin C, total ascorbic acid	40	mg								8/1/1984
Thiamin	0.266	mg								8/1/1984
Riboflavin	0.132	mg								8/1/1984
Niacin	2.09	mg								8/1/1984
Pantothenic acid	0.104	mg								8/1/1984
Vitamin B-6	0.169	mg								8/1/1984
Folate, total	65	µg								8/1/1984
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							1/1/2001

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
Folate, food	65	µg								3/1/2007
Folate, DFE	65	µg	Calculated							3/1/2007
Choline, total	28.4	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							3/1/2007
Betaine	0.2	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							2/1/2007
Vitamin B-12	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							8/1/1984
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2004
Vitamin A, RAE	38	µg								3/1/2007
Retinol	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							6/1/2002
Carotene, beta	449	µg	Analytical	40		340	557			9/1/2002
Carotene, alpha	21	µg	Analytical	40		16	26			9/1/2002
Cryptoxanthin, beta	0	µg	Analytical	15						9/1/2002

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
Vitamin A, IU	765	IU								3/1/2007
Lycopene	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2002
Lutein + zeaxanthin	2480	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Vitamin E (alpha-tocopherol)	0.13	mg								8/1/1984
Vitamin E, added	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2004
Tocopherol, beta	0	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Tocopherol, gamma	0.95	mg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Tocopherol, delta	0.02	mg	Based on another form of the food or similar food;							9/1/2002

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
			Concentration adjustment; Solids; Retention factors not used							
Vitamin D (D2 + D3), International Units	0	IU	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							2/1/2009
Vitamin D (D2 + D3)	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							11/1/2008
Vitamin K (phylloquinone)	24.8	µg	Based on another form of the food or similar food; Concentration adjustment; Solids; Retention factors not used							9/1/2002
Fatty acids, total saturated	0.071	g								8/1/1984
SFA 4:0	0	g								2/1/1995
SFA 6:0	0	g								2/1/1995
SFA 8:0	0	g								2/1/1995
SFA 10:0	0	g								2/1/1995
SFA 12:0	0	g								2/1/1995
SFA 14:0	0	g								2/1/1995
SFA 16:0	0.064	g								8/1/1984
SFA 18:0	0.007	g								8/1/1984
Fatty acids, total monounsaturated	0.035	g								8/1/1984
MUFA 16:1	0	g								2/1/1995
MUFA 18:1	0.035	g								8/1/1984

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
MUFA 20:1	0	g								2/1/1995
MUFA 22:1	0	g								2/1/1995
Fatty acids, total polyunsaturated	0.187	g								8/1/1984
PUFA 18:2	0.152	g								8/1/1984
PUFA 18:3	0.035	g								8/1/1984
PUFA 18:4	0	g								2/1/1995
PUFA 20:4	0	g								2/1/1995
PUFA 20:5 n-3 (EPA)	0	g								2/1/1995
PUFA 22:5 n-3 (DPA)	0	g								2/1/1995
PUFA 22:6 n-3 (DHA)	0	g								2/1/1995
Fatty acids, total trans	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							8/1/2015
Cholesterol	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							8/1/1984
Tryptophan	0.037	g								8/1/1984
Threonine	0.203	g								8/1/1984
Isoleucine	0.195	g								8/1/1984
Leucine	0.323	g								8/1/1984
Lysine	0.317	g								8/1/1984
Methionine	0.082	g								8/1/1984
Cystine	0.032	g								8/1/1984
Phenylalanine	0.2	g								8/1/1984
Tyrosine	0.114	g								8/1/1984
Valine	0.235	g								8/1/1984
Arginine	0.428	g								8/1/1984
Histidine	0.107	g								8/1/1984

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Last Updated
Alanine	0.24	g								8/1/1984
Aspartic acid	0.496	g								8/1/1984
Glutamic acid	0.741	g								8/1/1984
Glycine	0.184	g								8/1/1984
Proline	0.173	g								8/1/1984
Serine	0.181	g								8/1/1984
Alcohol, ethyl	0	g								4/1/1985
Caffeine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2002
Theobromine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2002

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