

Edamame in Comparison with Chickpeas and Beans

Nutrient	<u>Edamame, cooked</u>	<u>Chickpeas (garbanzo beans, bengal gram), without salt, boiled, cooked, mature seeds</u>	<u>Beans, without salt, boiled, cooked, mature seeds, black</u>
Action	<u>Delete</u>	<u>Delete</u>	<u>Delete</u>
	→	←	⇒ ←
Weight	<u>100 g</u>	<u>100 g</u>	<u>100 g</u>
Calories	140	164	132
Vitamins			
<u>Vitamin A, RAE</u>	25 mcg	1 mcg	0 mcg
<u>Carotene, alpha</u>	0 mcg	0 mcg	0 mcg
<u>Carotene, beta</u>	174 mcg	16 mcg	0 mcg
<u>Cryptoxanthin, beta</u>	8 mcg	0 mcg	0 mcg
Lutein + zeaxanthin	1567 mcg	0 mcg	0 mcg
<u>Lycopene</u>	0 mcg	0 mcg	0 mcg
<u>Retinol</u>	10 mcg	0 mcg	0 mcg
<u>Thiamin</u>	0.18 mg	0.12 mg	0.24 mg
<u>Riboflavin</u>	0.15 mg	0.06 mg	0.06 mg
<u>Niacin</u>	0.89 mg	0.53 mg	0.51 mg

<u>Pantothenic acid</u>		0.29 mg	0.24 mg
<u>Vitamin B6</u>	0.11 mg	0.14 mg	0.07 mg
<u>Vitamin B12</u>	0 mcg	0 mcg	0 mcg
Vitamin B12, added	0 mcg	0 mcg	0 mcg
<u>Folate, DFE</u>	286 mcg	172 mcg	149 mcg
Folate, food	286 mcg	172 mcg	149 mcg
Folic acid	0 mcg	0 mcg	0 mcg
<u>Vitamin C</u>	5.30 mg	1.30 mg	0 mg
<u>Vitamin D</u>	0 mcg	0 mcg	0 mcg
<u>Vitamin E (alpha-tocopherol)</u>	0.95 mg	0.35 mg	0.87 mg
Vitamin E, added	0 mg	0 mg	0 mg
Tocopherol, alpha	0.95 mg	0.35 mg	0.87 mg
<u>Vitamin K</u>	28.20 mcg	4 mcg	3.30 mcg
Vitamin K1	28.20 mcg	4 mcg	3.30 mcg
<u>Choline</u>	54.70 mg	42.80 mg	32.60 mg
Minerals			
<u>Calcium, Ca</u>	61 mg	49 mg	27 mg
<u>Copper, Cu</u>	0.33 mg	0.35 mg	0.21 mg
<u>Iron, Fe</u>	2.20 mg	2.89 mg	2.10 mg
<u>Magnesium, Mg</u>	62 mg	48 mg	70 mg
<u>Manganese, Mn</u>		1.03 mg	0.44 mg
<u>Phosphorus, P</u>	164 mg	168 mg	140 mg
<u>Potassium, K</u>	422 mg	291 mg	355 mg
<u>Selenium, Se</u>	0.80 mcg	3.70 mcg	1.20 mcg
<u>Sodium, Na</u>	128 mg	7 mg	1 mg
<u>Zinc, Zn</u>	1.33 mg	1.53 mg	1.12 mg

Proteins			
<u>Protein</u>	11.54 g	8.86 g	8.86 g
<u>Alanine</u>	0.44	0.38 g	0.37 g
<u>Arginine</u>	0.72	0.83 g	0.55 g
<u>Aspartic acid</u>	1.3	1.04 g	1.07 g
<u>Cystine</u>	0.12	0.12 g	0.10 g
<u>Glutamic acid</u>	2.02	1.55 g	1.35 g
<u>Glycine</u>	0.434	0.37 g	0.35 g
<u>Histidine</u>	0.267	0.24 g	0.25 g
<u>Isoleucine</u>	0.3	0.38 g	0.39 g
<u>Leucine</u>	0.745	0.63 g	0.71 g
<u>Lysine</u>	0.745	0.59 g	0.61 g
<u>Methionine</u>	0.14	0.12 g	0.13 g
<u>Phenylalanine</u>	0.488	0.47 g	0.48 g
<u>Proline</u>	0.686	0.37 g	0.38 g
<u>Serine</u>	0.665	0.45 g	0.48 g
<u>Threonine</u>	0.331	0.33 g	0.37 g
<u>Tryptophan</u>	0.126	0.09 g	0.10 g
<u>Tyrosine</u>	0.336	0.22 g	0.25 g
<u>Valine</u>	0.324	0.37 g	0.46 g
Fats			
<u>Fat</u>	7.57 g	2.59 g	0.54 g
<u>Saturated fatty acids</u>	1.32 g	0.27 g	0.14 g
<u>Butanoic acid</u>	0.03 g	0 g	0 g
<u>Decanoic acid</u>	0.02 g	0 g	0 g
<u>Dodecanoic acid</u>	0.02 g	0 g	0 g

<u>Hexadecanoic acid</u>	0.79 g	0.21 g	0.13 g
<u>Hexanoic acid</u>	0.02 g	0 g	0 g
<u>Octadecanoic acid</u>	0.30 g	0.04 g	0.01 g
<u>Octanoic acid</u>	0.01 g	0 g	0 g
<u>Tetradecanoic acid</u>	0.07 g	0.00 g	0 g
<u>Monounsaturated fatty acids</u>	2.17 g	0.58 g	0.05 g
<u>Docosenoic acid</u>	0.00 g	0 g	0 g
<u>Eicosenoic acid</u>	0.02 g	0 g	0 g
<u>Hexadecenoic acid</u>	0.02 g	0.01 g	0 g
<u>Octadecenoic acid</u>	2.13 g	0.58 g	0.05 g
<u>Polyunsaturated fatty acids</u>	2.86 g	1.16 g	0.23 g
<u>Docosahexaenoic n-3 acid (DHA)</u>	0 g	0 g	0 g
<u>Docosapentaenoic n-3 acid (DPA)</u>	0 g	0 g	0 g
<u>Eicosapentaenoic n-3 acid (EPA)</u>	0.00 g	0 g	0 g
<u>Eicosatetraenoic acid</u>	0 g	0 g	0 g
<u>Octadecadienoic acid</u>	2.42 g	1.11 g	0.13 g
<u>Octadecatetraenoic acid</u>	0 g	0 g	0 g
<u>Octadecatrienoic acid</u>	0.44 g	0.04 g	0.10 g
<u>Fatty acids, total trans</u>		0 g	0 g
Carbohydrates			
<u>Carbohydrate</u>	8.63 g	27.42 g	23.71 g
<u>Fiber</u>	5 g	7.60 g	8.70 g
<u>Sugars</u>	2.11 g	4.80 g	0.32 g
Sterols			
<u>Cholesterol</u>	2 mg	0 mg	0 mg
Other			

<u>Alcohol, ethyl</u>	0 g	0 g	0 g
<u>Ash</u>		0.92 g	1.15 g
<u>Caffeine</u>	0 mg	0 mg	0 mg
<u>Theobromine</u>	0 mg	0 mg	0 mg
<u>Water</u>	70.78 g	60.21 g	65.74 g

Edamame in Comparison with Green Peas

Nutrient	<u>Edamame, prepared, frozen</u>	<u>Peas, unprepared, frozen, green</u>
Action	<u>Delete</u>	<u>Delete</u>
	→	←
Weight	<u>100 g</u>	<u>100 g</u>
Calories	121	77
Vitamins		
<u>Vitamin A, RAE</u>	15 mcg	103 mcg
<u>Carotene, alpha</u>	0 mcg	20 mcg
<u>Carotene, beta</u>	175 mcg	1225 mcg
<u>Cryptoxanthin, beta</u>	8 mcg	0 mcg
Lutein + zeaxanthin	1619 mcg	2352 mcg
<u>Lycopene</u>	0 mcg	0 mcg
<u>Retinol</u>	0 mcg	0 mcg
<u>Thiamin</u>	0.20 mg	0.26 mg
<u>Riboflavin</u>	0.15 mg	0.10 mg
<u>Niacin</u>	0.92 mg	1.72 mg
<u>Pantothenic acid</u>	0.40 mg	0.55 mg
<u>Vitamin B6</u>	0.10 mg	0.08 mg

<u>Vitamin B12</u>	0 mcg	0 mcg
Vitamin B12, added	0 mcg	0 mcg
<u>Folate, DFE</u>	311 mcg	53 mcg
Folate, food	311 mcg	53 mcg
Folic acid	0 mcg	0 mcg
<u>Vitamin C</u>	6.10 mg	18 mg
<u>Vitamin D</u>	0 mcg	0 mcg
<u>Vitamin E (alpha-tocopherol)</u>	0.68 mg	0.02 mg
Vitamin E, added	0 mg	0 mg
Tocopherol, alpha	0.68 mg	0.02 mg
Tocopherol, beta	0.06 mg	0 mg
Tocopherol, delta	3.57 mg	0.01 mg
Tocopherol, gamma	5.88 mg	0.75 mg
Tocotrienol, alpha	0.02 mg	
Tocotrienol, beta	0 mg	
Tocotrienol, delta	0 mg	
Tocotrienol, gamma	0 mg	
<u>Vitamin K</u>	26.70 mcg	27.90 mcg
Vitamin K1	26.70 mcg	27.90 mcg
Vitamin K2	0 mcg	0 mcg
Dihydrophyloquinone	0 mcg	0 mcg
<u>Betaine</u>	4.50 mg	
<u>Choline</u>	56.30 mg	27 mg
Minerals		
<u>Calcium, Ca</u>	63 mg	22 mg
<u>Copper, Cu</u>	0.34 mg	0.12 mg

<u>Iron, Fe</u>	2.27 mg	1.53 mg
<u>Magnesium, Mg</u>	64 mg	26 mg
<u>Manganese, Mn</u>	1.02 mg	0.34 mg
<u>Phosphorus, P</u>	169 mg	82 mg
<u>Potassium, K</u>	436 mg	153 mg
<u>Selenium, Se</u>	0.80 mcg	1.90 mcg
<u>Sodium, Na</u>	6 mg	108 mg
<u>Zinc, Zn</u>	1.37 mg	0.82 mg
Proteins		
<u>Protein</u>	11.91 g	5.22 g
<u>Alanine</u>	0.45 g	0.23 g
<u>Arginine</u>	0.72 g	0.41 g
<u>Aspartic acid</u>	1.35 g	0.48 g
<u>Cystine</u>	0.12 g	0.03 g
<u>Glutamic acid</u>	2.02 g	0.71 g
<u>Glycine</u>	0.43 g	0.18 g
<u>Histidine</u>	0.27 g	0.10 g
Hydroxyproline	0 g	
<u>Isoleucine</u>	0.30 g	0.19 g
<u>Leucine</u>	0.74 g	0.31 g
<u>Lysine</u>	0.74 g	0.30 g
<u>Methionine</u>	0.14 g	0.08 g
<u>Phenylalanine</u>	0.49 g	0.19 g
<u>Proline</u>	0.69 g	0.17 g
<u>Serine</u>	0.67 g	0.17 g
<u>Threonine</u>	0.33 g	0.20 g

<u>Tryptophan</u>	0.13 g	0.04 g
<u>Tyrosine</u>	0.34 g	0.11 g
<u>Valine</u>	0.32 g	0.23 g
Fats		
<u>Fat</u>	5.20 g	0.40 g
<u>Saturated fatty acids</u>	0.62 g	0.07 g
<u>Butanoic acid</u>	0 g	0 g
<u>Decanoic acid</u>	0 g	0 g
Docosanoic acid	0.01 g	
<u>Dodecanoic acid</u>	0 g	0 g
Eicosanoic acid	0.01 g	
Heptadecanoic acid	0.00 g	
<u>Hexadecanoic acid</u>	0.44 g	0.06 g
<u>Hexanoic acid</u>	0 g	0 g
<u>Octadecanoic acid</u>	0.14 g	0.01 g
<u>Octanoic acid</u>	0 g	0 g
Pentadecanoic acid	0 g	
Tetracosanoic acid	0.01 g	
<u>Tetradecanoic acid</u>	0.00 g	0 g
<u>Monounsaturated fatty acids</u>	1.28 g	0.03 g
Cis-hexadecenoic acid	0.00 g	
Cis-octadecenoic acid	1.26 g	
<u>Docosenoic acid</u>	0.00 g	0 g
Docosenoic trans acid	0.00 g	
<u>Eicosenoic acid</u>	0.01 g	0 g
Heptadecenoic acid	0.00 g	

<u>Hexadecenoic acid</u>	0.00 g	0 g
<u>Octadecenoic acid</u>	1.26 g	0.03 g
Pentadecenoic acid	0 g	
Tetracosenoic cis acid	0 g	
Tetradecenoic acid	0 g	
Trans-hexadecenoic acid	0 g	
Trans-octadecenoic acid	0.00 g	
<u>Polyunsaturated fatty acids</u>	2.16 g	0.17 g
α -linolenic acid n-3 (ALA)	0.36 g	
γ -linolenic acid n-6 (GLA)	0 g	
Cis,cis-eicosadienoic n-6 acid	0.00 g	
Linoleic acid n-6 (LA)	1.79 g	
<u>Docosahexaenoic n-3 acid (DHA)</u>	0 g	0 g
<u>Docosapentaenoic n-3 acid (DPA)</u>	0 g	0 g
Docosatetraenoic acid	0 g	
Eicosadienoic acid	0 g	
Eicosadienoic n-3 acid	0 g	
Eicosadienoic n-6 acid	0 g	
<u>Eicosapentaenoic n-3 acid (EPA)</u>	0.00 g	0 g
<u>Eicosatetraenoic acid</u>	0 g	0 g
Octadecadienoic CLAs acid	0 g	
<u>Octadecadienoic acid</u>	1.79 g	0.14 g
<u>Octadecatetraenoic acid</u>	0 g	0 g
<u>Octadecatrienoic acid</u>	0.36 g	0.03 g

Trans-octadecadienoic acid	0.00 g	
Fatty acids, total trans	0.01 g	0 g
Fatty acids, total trans-monoenoic	0.01 g	
Fatty acids, total trans-polyenoic	0.00 g	
Carbohydrates		
Carbohydrate	8.91 g	13.62 g
Fiber	5.20 g	4.50 g
Starch	1.51 g	4.17 g
Sugars	2.18 g	5 g
Fructose	0.12 g	0.25 g
Galactose	0 g	0 g
Glucose	0 g	0.08 g
Lactose	0 g	0 g
Maltose	0.95 g	0.08 g
Sucrose	1.12 g	4.60 g
Sterols		
Cholesterol	0 mg	0 mg
Other		
Alcohol, ethyl	0 g	0 g
Ash	1.21 g	0.78 g
Caffeine	0 mg	0 mg
Theobromine	0 mg	0 mg
Water	72.77 g	79.98 g