

## NUTRITIVE VALUE OF PULSES

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Carbohydrates(g)	Fibre (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Bengal gram, whole	360	10	17	5	3	61	4	202	312	5
Bengal gram, dhal	372	10	21	6	3	60	1	56	331	5
Bengal gram, roasted	369	11	22	5	2	58	1	58	340	9
Black gram, dhal	347	11	24	1	3	60	1	154	385	4
Cow pea	323	13	24	1	3	54	3	77	414	9
Field bean, dry	347	10	25	1	3	60	1	60	433	3
Green gram, whole	334	10	24	1	3	57	4	124	326	4
Green gram dhal	348	10	24	1	3	60	1	75	405	4
Horse gram, whole	321	12	22	0	3	57	5	287	311	7
Khesari, dhal	345	10	28	1	2	57	2	90	317	6
Lentil	343	12	25	1	2	59	1	69	293	7
Moth beans	330	11	24	1	3	56	4	202	230	9
Peas green	93	73	7	0	1	16	4	20	139	1
Peas dry	315	16	20	1	2	56	4	75	298	7
Peas roasted	340	10	23	1	2	57	4	81	345	6
Rajmah	346	12	23	1	3	61	5	260	410	5
Redgram, dhal	335	13	22	2	3	58	1	73	304	2
Redgram tender	116	65	10	1	1	17	6	57	164	1
Soyabean	432	8	43	20	5	21	4	240	690	10

### Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.