

PULSES AND LEGUMES (Continued from the Fruits, nuts and seeds section)

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COMMUNITY FOOD SYSTEM DATA TABLE # 71

Food category: Pulses and Legumes

Scientific identification:

Cajanus cajan

Local name & other common names:

tuver, Red gram dhal (English)

Part(s) used: Tender pods (fresh), seeds

Preparation: Dhal

Nutrient	Nutrient Composition/100g (edible portion)	
	Pods, tender	Seeds, dry, raw
Moisture, g	65.1	13.4
Energy, Kcal	116	335
Protein, g	9.8	22.3
Fat, g	1	1.7
Carbohydrate, g	16.9	57.6
Fiber, g	6.2	1.5
Ash, g	1	1.7
Vitamin A, RE- μ g	39	11
Vitamin A, RAE- μ g	19.5	5.5
Beta-carotene, μ g	-	-
Total carotene, μ g	469	132
Folic acid, μ g	-	103
Vitamin C, mg	25	-
Calcium, mg	57	73
Iron, mg	1.1	2.7
Phosphorus, mg	164	304
Zinc, mg	3.1	0.9

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Unknown
Seasonality of use: November, December (fresh pods), All year (seeds).
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Commonly eaten by the lower income group.
Source of nutrient data: The nutrient information is sourced from Indian FCT 2002. Code # 44 is for seeds, dry, raw and code # 45 is pods, tender (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*♦	*♦

♦ Fresh pods are used only in November and December.

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COMMUNITY FOOD SYSTEM DATA TABLE # 72

Food category: Pulses and Legumes

Scientific identification:

Dolichos biflorus

Local name & other common names:

kulad, Horse gram (English)

Part(s) used: Seeds

Preparation: Boiled and steamed

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds, raw
Moisture, g	11.8
Energy, Kcal	321
Protein, g	22
Fat, g	0.5
Carbohydrate, g	57.2
Fiber, g	5.3
Ash, g	3.2
Vitamin A, RE-µg	6
Vitamin A, RAE-µg	3
Beta-carotene, µg	-
Total carotene, µg	71
Folic acid, µg	-
Vitamin C, mg	1
Calcium, mg	287
Iron, mg	6.8
Phosphorus, mg	311
Zinc, mg	2.8

--- = not analyzed



Type of procurement: Unknown
Home harvested or purchased: Purchased
Seasonality of use: April-June
Cost of production, if known: Rs. 7/Kg
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient information: The nutrient information is sourced from Indian FCT 2002. Code # 36 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use				*	*	*						

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COMMUNITY FOOD SYSTEM DATA TABLE # 73**Food category:** Pulses and Legumes**Scientific identification:***Dolichos lablab***Local name & other common names:**

val papdi, Field bean (English)

Part(s) used: Seeds**Preparation:** Cooked as a vegetable

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds, raw
Moisture, g	9.6
Energy, Kcal	347
Protein, g	24.9
Fat, g	0.8
Carbohydrate, g	60.1
Fiber, g	1.4
Ash, g	3.2
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	0
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	60
Iron, mg	2.7
Phosphorus, mg	433
Zinc, mg	-

Type of procurement: Cultivated
Home harvested or purchased: Home harvested
Seasonality of use: November-February
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient data: The nutrient information is sourced from Indian FCT 2002. Code # 33 (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*										*	*
Seasonality of use	*	*									*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 74**Food category:** Pulses and Legumes**Scientific identification:***Glycine max***Local name & other common names:**

soyabean, Soybean (English)

Part(s) used: Beans**Preparation:** Boiled, vegetable

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Moisture, g	8.1
Energy, Kcal	432
Protein, g	43.2
Fat, g	19.5
Carbohydrate, g	20.9
Fiber, g	3.7
Ash, g	4.6
Vitamin A, RE- μ g	35.5
Vitamin A, RAE- μ g	18
Beta-carotene, μ g	-
Total carotene, μ g	426
Folic acid, μ g	100
Vitamin C, mg	-
Calcium, mg	240
Iron, mg	10.4
Phosphorus, mg	690
Zinc, mg	4.4

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: June-September
Cost of production, if known: Rs. 7/kg
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient data: The nutrient information is sourced from Indian FCT, 2002. Code # 46 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use						*	*	*	*			

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COMMUNITY FOOD SYSTEM DATA TABLE # 75

Food category: Pulses and Legumes

Scientific identification:

Lens esculenta

Local name & other common names:

masoor, Lentils (English)

Part(s) used: Seed

Preparation: Dhal, boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds, raw
Moisture, g	12.4
Energy, Kcal	343
Protein, g	25.1
Fat, g	0.7
Carbohydrate, g	59
Fiber, g	0.7
Ash, g	2.1
Vitamin A, RE- μ g	22.5
Vitamin A, RAE- μ g	11
Beta-carotene, μ g	-
Total carotene, μ g	270
Folic acid, μ g	36
Vitamin C, mg	0
Calcium, mg	69
Iron, mg	7.58
Phosphorus, mg	293
Zinc, mg	2.8

--- = not analyzed



Type of procurement: Purchased
Home harvested or purchased: Unknown
Seasonality of use: All year
Cost of production, if known: Rs. 30/kg
Importance value to the community by age/gender and other miscellaneous information: Second most commonly eaten pulse. Identified as a source of iron.
Source of nutrient data: The nutrient information is sourced from Indian FCT, 2002. Code # 38 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 76**Food category:** Pulses and Legumes**Scientific identification:***Phaseolus aureus* Roxb**Local name & other common names:**

moong, Green gram (English)

Part(s) used: Whole pulse (tender), Split pulse**Preparation:** Dhal (whole), Dhal (split)

Nutrient	Nutrient Composition/100g (edible portion)	
	Seeds, whole, raw	Seeds, split, raw
Moisture, g	10.4	10.1
Energy, Kcal	334	348
Protein, g	24	24.5
Fat, g	1.3	1.2
Carbohydrate, g	56.7	59.9
Fiber, g	4.1	0.8
Ash, g	3.5	3.5
Vitamin A, RE-µg	4.1	7.8
Vitamin A, RAE-µg	2.0	4.0
Beta-carotene, µg	-	-
Total carotene, µg	49	94
Folic acid, µg	-	140
Vitamin C, mg	-	-
Calcium, mg	124	75
Iron, mg	4.4	3.9
Phosphorus, mg	326	405
Zinc, mg	3	2.8

--- = not analyzed



Type of procurement: Unknown
Home harvested or purchased: Purchased
Seasonality of use: All year
Cost of production, if known: Rs. 30-32/kg
Importance value to the community by age/gender and other miscellaneous information: Unknown
 Source of nutrient data: The nutrient information is sourced from Indian FCT 2002. Code # 34 for raw whole seeds and code # 35 for raw split seeds (ref #1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*							
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 77**Food category:** Pulses and Legumes**Scientific identification:***Phaseolus mungo***Local name & other common names:**

udad, Black gram (English)

Part(s) used: Seeds**Preparation:** Dhal, steamed, ground, fried as fritter

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds, raw
Moisture, g	10.9
Energy, Kcal	347
Protein, g	24
Fat, g	1.4
Carbohydrate, g	59.6
Fiber, g	0.9
Ash, g	3.2
Vitamin A, RE- μ g	3.2
Vitamin A, RAE- μ g	1.6
Beta-carotene, μ g	-
Total carotene, μ g	38
Folic acid, μ g	132
Vitamin C, mg	-
Calcium, mg	154
Iron, mg	3.8
Phosphorus, mg	385
Zinc, mg	3.3



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: All year
Cost of production, if known: Rs. 30/kg
Importance value to the community by age/gender and other miscellaneous information: This is the most common pulse which is eaten.
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002. Code # 31 (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 78

Food category: Pulses and Legumes

Scientific identification:

Pisum sativum

Local name & other common names:

vatana, Peas (English)

Part(s) used: Green tender peas, seeds

Preparation: Dhal, steamed, ground, fried as fritter

Nutrient	Nutrient Composition/100g (edible portion)	
	Peas, green, tender	Seeds, dry
Moisture, g	72.9	16
Energy, Kcal	93	315
Protein, g	7.2	19.7
Fat, g	0.1	1.1
Carbohydrate, g	15.9	56.5
Fiber, g	4	4.5
Ash, g	0.8	2.2
Vitamin A, RE- μ g	7	3.3
Vitamin A, RAE- μ g	3.5	1.6
Beta-carotene, μ g	-	-
Total carotene, μ g	83	39
Folic acid, μ g	-	7.5
Vitamin C, mg	9	-
Calcium, mg	20	75
Iron, mg	1.5	7.05
Phosphorus, mg	139	298
Zinc, mg	-	2.3



Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: December only
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002. Code # 40 for tender green peas and code # 41 for dry peas (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*								*
Seasonality of use												*

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COMMUNITY FOOD SYSTEM DATA TABLE # 79

Food category: Pulses and Legumes

Scientific identification:

Vigna catjung

Local name & other common names:

chowli sing/chowli, Cow peas/pods (English)

Part(s) used: Pods or seeds

Preparation: Dhal, steamed, ground, fried as fritter



Nutrient	Nutrient Composition/100g (edible portion)	
	Pods, tender	Seeds, dry
Moisture, g	85.3	13.4
Energy, Kcal	48	323
Protein, g	3.5	24.1
Fat, g	0.2	1
Carbohydrate, g	8.1	54.5
Fiber, g	2	3.8
Ash, g	0.9	3.2
Vitamin A, RE-µg	47	1.0
Vitamin A, RAE-µg	24	0.5
Beta-carotene, µg	-	-
Total carotene, µg	564	12
Folic acid, µg	-	133
Vitamin C, mg	4	-
Calcium, mg	72	77
Iron, mg	2.5	8.6
Phosphorus, mg	59	414
Zinc, mg	-	4.6

--- = not analyzed

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: All year
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: The cow pea pods are a source of carotene and the seeds are a source of iron and folic acid, they both are consumed frequently.
Source of nutrient data: The nutrient information is sourced from Indian FCT 2002. Code # 32 for dry cow peas and code # 148 for cow pea pods (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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