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COMMUNITY FOOD SYSTEM DATA TABLE # 108**Food category:** Pulses**Scientific identification:***Cajanus cajan***Local name & other common names:**

year thogari pappu (4 varieties), Pigeon Pea-dhal (English), Red gram dhal

Part(s) used: Seed**Preparation:** As a curry or gravy

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	13.4
Energy, Kcal	335
Protein, g	22.3
Fat, g	1.7
Carbohydrate, g	57.6
Fiber, g	1.5
Ash, g	3.5
Vitamin A, RE- μ g	11
Vitamin A, RAE- μ g	5.5
Beta carotene, μ g	-
Total carotene, μ g	132
Vitamin C, mg	0
Thiamin, mg	0.45
Riboflavin, mg	0.19
Niacin, mg	2.9
Folate, μ g	103
Calcium, mg	73
Iron, mg	2.7
Phosphorus, mg	304
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 44 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 109**Food category:** Pulses**Scientific identification:***Cicer arietinum***Local name & other common names:**

desi yerra shenagalu, Chick pea-whole (English), Bengal gram, whole

Part(s) used: Seed**Preparation:** Eaten as a snack or prepared as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	9.8
Energy, Kcal	360
Protein, g	17.1
Fat, g	5.3
Carbohydrate, g	60.9
Fiber, g	3.9
Ash, g	3.0
Vitamin A, RE- μ g	15.8
Vitamin A, RAE- μ g	7.9
Beta carotene, μ g	-
Total carotene, μ g	189
Vitamin C, mg	3.0
Thiamin, mg	0.30
Riboflavin, mg	0.15
Niacin, mg	2.9
Folate, μ g	186
Calcium, mg	202
Iron, mg	4.6
Phosphorus, mg	312
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 28 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 110**Food category:** Pulses**Scientific identification:***Cicer arietinum***Local name & other common names:**

tella shenagalu, White chickpea, whole (English), Bengal gram dhal

Part(s) used: Seed**Preparation:** Eaten as a snack or prepared as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	9.9
Energy, Kcal	372
Protein, g	20.8
Fat, g	5.6
Carbohydrate, g	59.8
Fiber, g	1.2
Ash, g	2.7
Vitamin A, RE- μ g	10.8
Vitamin A, RAE- μ g	5.4
Beta carotene, μ g	-
Total carotene, μ g	129
Vitamin C, mg	1.0
Thiamin, mg	0.48
Riboflavin, mg	0.18
Niacin, mg	2.4
Folate, μ g	147.1
Calcium, mg	56
Iron, mg	5.3
Phosphorus, mg	331
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 29 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 111**Food category:** Pulses**Scientific identification:***Cicer arietinum***Local name & other common names:**

shenagalu, Chickpea-roasted (English), Bengal gram

Part(s) used: Seed**Preparation:** Eaten as a snack or prepared as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, roasted
Moisture, g	10.7
Energy, Kcal	369
Protein, g	22.5
Fat, g	5.2
Carbohydrate, g	58.1
Fiber, g	1.0
Ash, g	2.5
Vitamin A, RE- μ g	9.4
Vitamin A, RAE- μ g	4.7
Beta carotene, μ g	-
Total carotene, μ g	113
Vitamin C, mg	0
Thiamin, mg	0.20
Riboflavin, mg	-
Niacin, mg	1.3
Folate, μ g	139
Calcium, mg	58
Iron, mg	9.5
Phosphorus, mg	340
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 30 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 112

Food category: Pulses**Scientific identification:***Dolichos biforus***Local name & other common names:**

ulavalu (3 varieties), Horse gram (English)

Part(s) used: Seed**Preparation:** Eaten as a snack

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	11.8
Energy, Kcal	321
Protein, g	22.0
Fat, g	0.5
Carbohydrate, g	57.2
Fiber, g	5.3
Ash, g	3.2
Vitamin A, RE- μ g	6.0
Vitamin A, RAE- μ g	3.0
Beta carotene, μ g	-
Total carotene, μ g	71
Vitamin C, mg	1
Thiamin, mg	0.42
Riboflavin, mg	0.20
Niacin, mg	1.5
Folate, μ g	-
Calcium, mg	287
Iron, mg	6.8
Phosphorus, mg	311
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
**Importance value to the community by
age/gender and other miscellaneous
information:** Unknown
Reference: Nutritive value of Indian foods.
2002. S no 36 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 113**Food category:** Pulses**Scientific identification:***Dolichos lablab***Local name & other common names:**

anumulu (3 varieties), Field beans, dry (English)

Part(s) used: Seed**Preparation:** Eaten as a snack

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, dry, 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- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0.52
Riboflavin, mg	0.16
Niacin, mg	1.8
Folate, μ g	-
Calcium, mg	60
Iron, mg	2.7
Phosphorus, mg	433
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 33 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 114**Food category:** Pulses**Scientific identification:***Lathyrus sativus***Local name & other common names:**

lanka pappu, Khesari-dhal (English)

Part(s) used: Seed**Preparation:** As a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	10
Energy, Kcal	345
Protein, g	28.2
Fat, g	0.6
Carbohydrate, g	56.6
Fiber, g	-
Ash, g	2.3
Vitamin A, RE- μ g	10
Vitamin A, RAE- μ g	5.0
Beta carotene, μ g	-
Total carotene, μ g	120
Vitamin C, mg	0
Thiamin, mg	0.39
Riboflavin, mg	0.17
Niacin, mg	2.9
Folate, μ g	-
Calcium, mg	90
Iron, mg	6.3
Phosphorus, mg	317
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
 Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Vaathem antaru/Manchedi puntikuratho thinali.
Reference: Nutritive value of Indian foods. 2002. S no 37 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 115

Food category: Pulses

Scientific identification:

Lens esculenta

Local name & other common names:

seri shenaga, Lentils (English)

Part(s) used: Seed

Preparation: As a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	12.4
Energy, Kcal	343
Protein, g	25.1
Fat, g	0.7
Carbohydrate, g	59.0
Fiber, g	0.7
Ash, g	2.1
Vitamin A, RE- μ g	23
Vitamin A, RAE- μ g	11.5
Beta carotene, μ g	-
Total carotene, μ g	270
Vitamin C, mg	0
Thiamin, mg	0.45
Riboflavin, mg	0.20
Niacin, mg	2.6
Folate, μ g	36
Calcium, mg	69
Iron, mg	7.6
Phosphorus, mg	293
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Chane thin aradu.
Reference: Nutritive value of Indian foods. 2002. S no 38 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 116**Food category:** Pulses**Scientific identification:***Phaseolus aureus roxb***Local name & other common names:**

pesaripappu, Green gram-dhal (English)

Part(s) used: Seed**Preparation:** As a curry or a snack

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	10.1
Energy, Kcal	348
Protein, g	24.5
Fat, g	1.2
Carbohydrate, g	59.9
Fiber, g	0.8
Ash, g	3.5
Vitamin A, RE- μ g	4.1
Vitamin A, RAE- μ g	2.0
Beta carotene, μ g	-
Total carotene, μ g	49
Vitamin C, mg	0
Thiamin, mg	0.47
Riboflavin, mg	0.21
Niacin, mg	2.4
Folate, μ g	140
Calcium, mg	75
Iron, mg	3.9
Phosphorus, mg	405
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 35 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 117**Food category:** Pulses**Scientific identification:***Phaseolus aureus roxb***Local name & other common names:**

pesarlu (5 varieties), Green gram-whole (English)

Part(s) used: Seed**Preparation:** As a curry or gravy

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	10.4
Energy, Kcal	334
Protein, g	24.0
Fat, g	1.3
Carbohydrate, g	56.7
Fiber, g	4.1
Ash, g	3.5
Vitamin A, RE- μ g	7.8
Vitamin A, RAE- μ g	3.9
Beta carotene, μ g	-
Total carotene, μ g	94
Vitamin C, mg	0
Thiamin, mg	0.47
Riboflavin, mg	0.27
Niacin, mg	2.1
Folate, μ g	-
Calcium, mg	124
Iron, mg	4.4
Phosphorus, mg	326
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 34 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 118**Food category:** Pulses**Scientific identification:***Phaseolus mungo roxb***Local name & other common names:**

minumulu, Black gram-dhal (English)

Part(s) used: Seed**Preparation:** As a soup or gravy

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	10.9
Energy, Kcal	347
Protein, g	24.0
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
Vitamin C, mg	0
Thiamin, mg	0.42
Riboflavin, mg	0.20
Niacin, mg	2.0
Folate, μ g	132
Calcium, mg	154
Iron, mg	3.8
Phosphorus, mg	385
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Pathay dinusu balitha ku.
Reference: Nutritive value of Indian foods. 2002. S no 31 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 119**Food category:** Pulses**Scientific identification:***Pisum sativum***Local name & other common names:**

bata gallu (2 varieties), Peas, dry

Part(s) used: Seed**Preparation:** Eaten as a snack or prepared as a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	16
Energy, Kcal	315
Protein, g	19.7
Fat, g	1.1
Carbohydrate, g	56.5
Fiber, g	4.5
Ash, g	2.2
Vitamin A, RE- μ g	3.3
Vitamin A, RAE- μ g	1.6
Beta carotene, μ g	-
Total carotene, μ g	39
Vitamin C, mg	0
Thiamin, mg	0.47
Riboflavin, mg	0.19
Niacin, mg	3.4
Folate, μ g	7.5
Calcium, mg	75
Iron, mg	7.1
Phosphorus, mg	298
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
 Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 41 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 120**Food category:** Pulses**Scientific identification:***Vigna catjang***Local name & other common names:**

bebbari (2 varieties), Cow pea (English)

Part(s) used: Seed**Preparation:** Eaten as a snack or prepared as a soup

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, raw
Moisture, g	13.4
Energy, Kcal	323
Protein, g	24.1
Fat, g	1.0
Carbohydrate, g	54.5
Fiber, g	3.8
Ash, g	3.2
Vitamin A, RE- μ g	1.0
Vitamin A, RAE- μ g	0.5
Beta carotene, μ g	-
Total carotene, μ g	12
Vitamin C, mg	0
Thiamin, mg	0.51
Riboflavin, mg	0.20
Niacin, mg	1.3
Folate, μ g	133
Calcium, mg	77
Iron, mg	8.6
Phosphorus, mg	414
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased:
Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 32 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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