

15.1 Proximate composition of pulse grains (per 100 g)

PULSES	Energy (KCal)	Protein (g)	Fat (g)	Carbohydrate (g)	Total dietary fiber (%)
Chickpea	368	21.0	5.7	61	22.7
Pigeonpea	342	21.7	1.49	62	15.5
Urdbean	347	24.0	1.6	63.4	16.2
Mungbean	345	25.0	1.1	62.6	16.3
Lentil	346	27.2	1.0	60	11.5
Fieldpea	345	25.1	0.8	61.8	13.4
Rajmash	345	23.0	1.3	63.4	18.2
Cowpea	346	28.0	1.3	63.4	18.2
Horse Gram	321	23.6	2.3	59.1	15.0
Mothbean	330	24.0	1.5	61.9	-

Source : *Pulses for Human Health and Nutrition, Indian Institute of Pulses Research*