

### 15.3 Vitamin content in pulses (mg per 100 g)

<b>PULSES</b>	<b>Thiamin (mg)</b>	<b>Riboflavin (mg)</b>	<b>Niacin (mg)</b>	<b>Pantotheni acid (mg)</b>	<b>Vitamin (B<sub>6</sub>) (mg)</b>	<b>Folate (µg)</b>	<b>Vitamin C (mg)</b>	<b>Vitamin E (mg)</b>
Chickpea	0.5	0.2	1.5	1.6	0.5	557	4.0	0.8
Pigeonpea	0.6	0.18	2.9	1.26	0.28	456	-	-
Urdbean	0.6	0.2	2.3	-	0.2	-	-	-
Mungbean	0.6	0.2	2.3	-	0.2	-	-	-
Lentil	0.8	0.2	2.6	2.12	0.54	479	4.4	0.3
Fieldpea	0.7	0.2	2.9	1.8	0.2	274	1.8	0.3
Rajmash	0.53	0.22	2.08	0.79	0.4	399	4.6	-
Cowpea	0.94	0.22	2.36	1.39	0.44	545	-	-
Horse gram	0.4	0.2	1.5	-	-	-	-	-
Moth bean	0.4	.0.09	1.5	-	-	-	-	-

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