

15.2 Mineral content (mg/100 g dried weight) in Pulses

PULSES	Iron (mg)	Zinc (mg)	Calcium (mg)	Magnesium (mg)	Potassium (mg)	Sodium (mg)	Selenium (mg)
Chickpea	6.2	3.4	105	115	875	24	8.2
Pigeonpea	5.2	2.7	130	183	1392	17	-
Urdbean	8.4	3.5	110	-	-	-	-
Mungbean	6.7	2.7	132	189	1246	15	8.2
Lentil	7.5	4.7	56	122	955	6	8.2
Fieldpea	4.4	3.0	55	115	981	15	1.6
Rajmash	3.4	1.9	186	188	1316	18	12.9
Cowpea	7.54	3.77	80.3	250	1450	23	-
Horse gram	7.0	-	287	-	-	-	-
Moth bean	9.6	-	202	-	-	-	-

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