

BLACK-EYED BEANS / COWPEA

SPECIFICATION

- Product Name - Cowpea
- Origin - West Africa
- Family - Vigna Unguiculata
- Binomial name - Fabaceae

INGREDIENTS

- Nutrients
 - Calories 116, Total Carbohydrate 21 g, Dietary fiber 7 g
- Minerals
 - Calcium, Iron, Magnesium
- Vitamin
 - Vitamin C, Vitamin D, Vitamin A, Vitamin B6
- Protein
 - 8 g
- Fats
 - 0.5g

USES & BENEFITS

- The leaves of the cowpea plants are sometimes used as a vegetable dish. The leaves of this plant can also be dried and used as a meat substitute.
- The seeds are sometimes roasted and used as a substitute for coffee. Ground dried seeds of Cowpea can be mixed with onions and spices can be fried in oil.
- Cowpeas can also be planted for hay production. The hay can then be sold.
- Cowpea seed is very nutritious. It can form an essential component of our diet. It is also a nutritious livestock feed.

