

Nutritional characteristics and minerals of Lardosa cowpea landraces: a strategic legume species for the future

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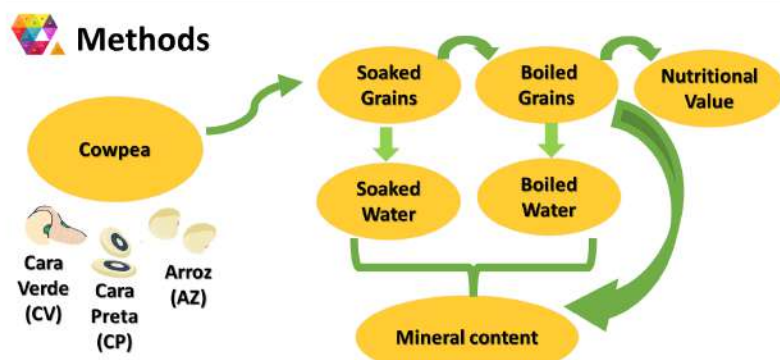
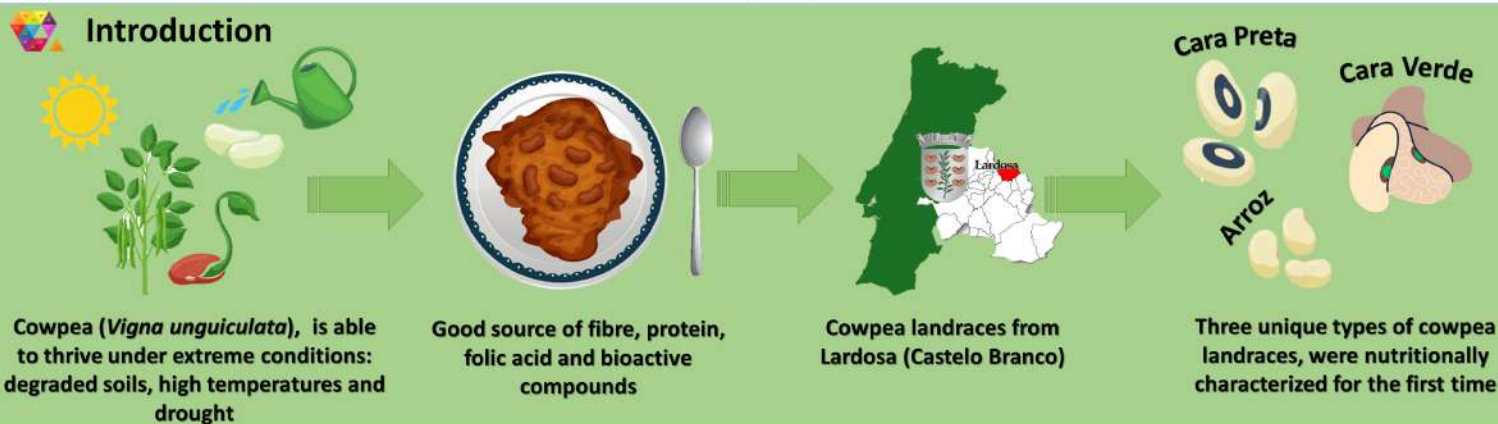


Fig 1. Methodology design used in this work.

Results: Nutritional Value

These particular cowpeas meet the "low-fat" nutrition claim as revealed by the nutritional analysis.

Tab 1. Nutritional value of three landraces of Lardosa Cowpeas.

per 100g	Cowpea Landraces		
	CV	CP	AZ
Energy values (Kcal/KJ)	138,70/ 587,45	141,67/ 599,60	134,96/ 571,57
Fat (g)	0,9	1,03	1,0
Carbohydrates (g)	22,95	22,43	22,46
Protein (g)	8,79	9,46	8,22
Fibre (g)	1,74	2,45	1,47
Humidity (g)	64,91	63,86	66,09
Ashes (g)	0,69	0,78	0,73

Final Considerations

- The analysis revealed the nutritional value of three Cowpea landraces, providing the first characterization of these varieties;
- Among the three landraces, fibre and protein content are higher in CP;
- Mineral distribution profile is similar in all landraces.

Results: Mineral Content

It is evident from the following diagrams that soaking water and cooking water minerals are similar. K, P and Mg are the most important minerals in cowpeas landraces. On the right, the mineral content of the water used in this process is shown.

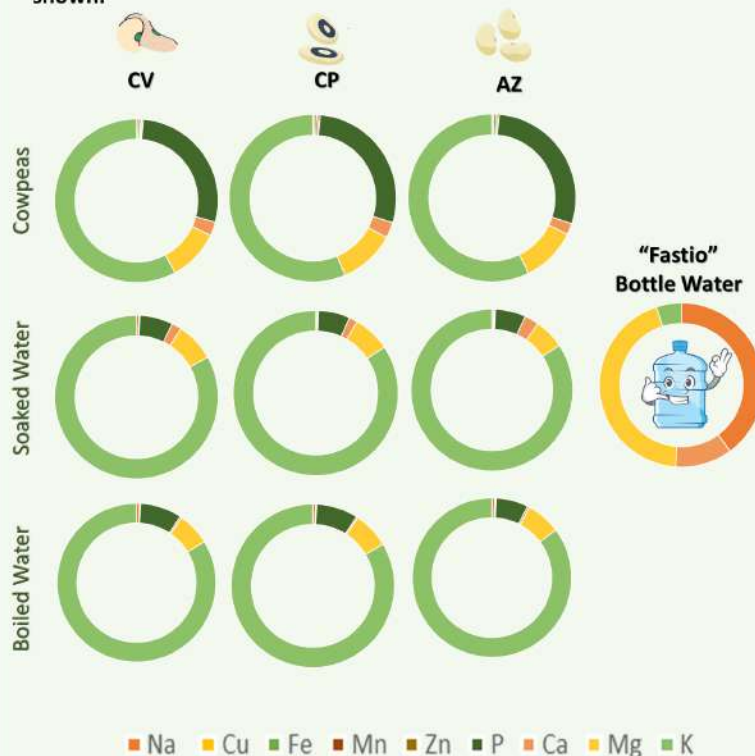


Fig 2. Mineral determination of cowpea, soaked water and boiled water.

Future Perspectives

Cowpea landraces production is currently in decline. Given their ability to withstand extreme climatic events such as drought while nourishing the soil, upgrading such as assessing vitamins and bioactive compounds will add value to this product. Repeat this analysis in another year to understand the differences between years.