

Basic Report 11031, Lima beans, immature seeds, raw

Report Date: January 29, 2015 03:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 156g
Proximates			
Water	g	70.24	109.57
Energy	kcal	113	176
Protein	g	6.84	10.67
Total lipid (fat)	g	0.86	1.34
Carbohydrate, by difference	g	20.17	31.47
Fiber, total dietary	g	4.9	7.6
Sugars, total	g	1.48	2.31
Minerals			
Calcium, Ca	mg	34	53
Iron, Fe	mg	3.14	4.90
Magnesium, Mg	mg	58	90
Phosphorus, P	mg	136	212
Potassium, K	mg	467	729
Sodium, Na	mg	8	12
Zinc, Zn	mg	0.78	1.22
Vitamins			
Vitamin C, total ascorbic acid	mg	23.4	36.5
Thiamin	mg	0.217	0.339
Riboflavin	mg	0.103	0.161
Niacin	mg	1.474	2.299
Vitamin B-6	mg	0.204	0.318
Folate, DFE	µg	34	53
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	10	16
Vitamin A, IU	IU	209	326
Vitamin E (alpha-tocopherol)	mg	0.32	0.50

Nutrient	Unit	1 Value Per100 g	1 cup 156g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	5.6	8.7
Lipids			
Fatty acids, total saturated	g	0.198	0.309
Fatty acids, total monounsaturated	g	0.050	0.078
Fatty acids, total polyunsaturated	g	0.419	0.654
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0