

Basic Report 11496, Succotash, (corn and limas), cooked, boiled, drained, without salt

Report Date: January 25, 2015 15:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 192g
Proximates			
Water	g	68.37	131.27
Energy	kcal	115	221
Protein	g	5.07	9.73
Total lipid (fat)	g	0.80	1.54
Carbohydrate, by difference	g	24.38	46.81
Fiber, total dietary	g	4.5	8.6
Minerals			
Calcium, Ca	mg	17	33
Iron, Fe	mg	1.52	2.92
Magnesium, Mg	mg	53	102
Phosphorus, P	mg	117	225
Potassium, K	mg	410	787
Sodium, Na	mg	17	33
Zinc, Zn	mg	0.63	1.21
Vitamins			
Vitamin C, total ascorbic acid	mg	8.2	15.7
Thiamin	mg	0.168	0.323
Riboflavin	mg	0.096	0.184
Niacin	mg	1.327	2.548
Vitamin B-6	mg	0.116	0.223
Folate, DFE	µg	33	63
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	15	29
Vitamin A, IU	IU	294	564
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 192g
Lipids			
Fatty acids, total saturated	g	0.148	0.284
Fatty acids, total monounsaturated	g	0.155	0.298
Fatty acids, total polyunsaturated	g	0.381	0.732
Cholesterol	mg	0	0