

Basic Report 11501, Succotash, (corn and limas), frozen, unprepared

Report Date: January 31, 2015 11:10 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 156g	1 package (10 oz) 284g
Proximates				
Water	g	74.11	115.61	210.47
Energy	kcal	93	145	264
Protein	g	4.31	6.72	12.24
Total lipid (fat)	g	0.89	1.39	2.53
Carbohydrate, by difference	g	19.94	31.11	56.63
Fiber, total dietary	g	4.0	6.2	11.4
Minerals				
Calcium, Ca	mg	16	25	45
Iron, Fe	mg	0.94	1.47	2.67
Magnesium, Mg	mg	24	37	68
Phosphorus, P	mg	78	122	222
Potassium, K	mg	295	460	838
Sodium, Na	mg	45	70	128
Zinc, Zn	mg	0.47	0.73	1.33
Vitamins				
Vitamin C, total ascorbic acid	mg	8.5	13.3	24.1
Thiamin	mg	0.087	0.136	0.247
Riboflavin	mg	0.072	0.112	0.204
Niacin	mg	1.375	2.145	3.905
Vitamin B-6	mg	0.100	0.156	0.284
Folate, DFE	µg	42	66	119
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	13	20	37
Vitamin A, IU	IU	257	401	730
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.166	0.259	0.471
Fatty acids, total monounsaturated	g	0.173	0.270	0.491
Fatty acids, total polyunsaturated	g	0.427	0.666	1.213
Cholesterol	mg	0	0	0