

Basic Report 16071, Lima beans, large, mature seeds, raw

Report Date: January 28, 2015 13:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 178g	1 tbsp 11.1g
Proximates				
Water	g	10.17	18.10	1.13
Energy	kcal	338	602	38
Protein	g	21.46	38.20	2.38
Total lipid (fat)	g	0.69	1.23	0.08
Carbohydrate, by difference	g	63.38	112.82	7.04
Fiber, total dietary	g	19.0	33.8	2.1
Sugars, total	g	8.50	15.13	0.94
Minerals				
Calcium, Ca	mg	81	144	9
Iron, Fe	mg	7.51	13.37	0.83
Magnesium, Mg	mg	224	399	25
Phosphorus, P	mg	385	685	43
Potassium, K	mg	1724	3069	191
Sodium, Na	mg	18	32	2
Zinc, Zn	mg	2.83	5.04	0.31
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.507	0.902	0.056
Riboflavin	mg	0.202	0.360	0.022
Niacin	mg	1.537	2.736	0.171
Vitamin B-6	mg	0.512	0.911	0.057
Folate, DFE	µg	395	703	44
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.72	1.28	0.08

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	6.0	10.7	0.7
Lipids				
Fatty acids, total saturated	g	0.161	0.287	0.018
Fatty acids, total monounsaturated	g	0.062	0.110	0.007
Fatty acids, total polyunsaturated	g	0.309	0.550	0.034
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0