

Basic Report 09159, Limes, raw

Report Date: July 23, 2019 19:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit (2" dia) 67g	1 NLEA serving 67g
Proximates				
Water	g	88.26	59.13	59.13
Energy	kcal	30	20	20
Protein	g	0.70	0.47	0.47
Total lipid (fat)	g	0.20	0.13	0.13
Carbohydrate, by difference	g	10.54	7.06	7.06
Fiber, total dietary	g	2.8	1.9	1.9
Sugars, total	g	1.69	1.13	1.13
Minerals				
Calcium, Ca	mg	33	22	22
Iron, Fe	mg	0.60	0.40	0.40
Magnesium, Mg	mg	6	4	4
Phosphorus, P	mg	18	12	12
Potassium, K	mg	102	68	68
Sodium, Na	mg	2	1	1
Zinc, Zn	mg	0.11	0.07	0.07
Vitamins				
Vitamin C, total ascorbic acid	mg	29.1	19.5	19.5
Thiamin	mg	0.030	0.020	0.020
Riboflavin	mg	0.020	0.013	0.013
Niacin	mg	0.200	0.134	0.134
Vitamin B-6	mg	0.043	0.029	0.029
Folate, DFE	µg	8	5	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	1	1
Vitamin A, IU	IU	50	34	34
Vitamin E (alpha-tocopherol)	mg	0.22	0.15	0.15

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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	0.6	0.4	0.4
Lipids				
Fatty acids, total saturated	g	0.022	0.015	0.015
Fatty acids, total monounsaturated	g	0.019	0.013	0.013
Fatty acids, total polyunsaturated	g	0.055	0.037	0.037
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0