

Basic Report 09161, Lime juice, canned or bottled, unsweetened

Report Date: June 15, 2019 21:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 fl oz 30.8g
Proximates				
Water	g	92.52	227.60	28.50
Energy	kcal	21	52	6
Protein	g	0.25	0.61	0.08
Total lipid (fat)	g	0.23	0.57	0.07
Carbohydrate, by difference	g	6.69	16.46	2.06
Fiber, total dietary	g	0.4	1.0	0.1
Sugars, total	g	1.37	3.37	0.42
Minerals				
Calcium, Ca	mg	12	30	4
Iron, Fe	mg	0.23	0.57	0.07
Magnesium, Mg	mg	7	17	2
Phosphorus, P	mg	10	25	3
Potassium, K	mg	75	184	23
Sodium, Na	mg	16	39	5
Zinc, Zn	mg	0.06	0.15	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	6.4	15.7	2.0
Thiamin	mg	0.033	0.081	0.010
Riboflavin	mg	0.003	0.007	0.001
Niacin	mg	0.163	0.401	0.050
Vitamin B-6	mg	0.027	0.066	0.008
Folate, DFE	µg	8	20	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	0
Vitamin A, IU	IU	16	39	5
Vitamin E (alpha-tocopherol)	mg	0.12	0.30	0.04

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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	0.5	1.2	0.2
Lipids				
Fatty acids, total saturated	g	0.026	0.064	0.008
Fatty acids, total monounsaturated	g	0.022	0.054	0.007
Fatty acids, total polyunsaturated	g	0.064	0.157	0.020
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0