

Basic Report 09160, Lime juice, raw

Report Date: August 21, 2019 09:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 242g	1 fl oz 30.8g	1 lime yields 44g
Proximates					
Water	g	90.79	219.71	27.96	39.95
Energy	kcal	25	60	8	11
Protein	g	0.42	1.02	0.13	0.18
Total lipid (fat)	g	0.07	0.17	0.02	0.03
Carbohydrate, by difference	g	8.42	20.38	2.59	3.70
Fiber, total dietary	g	0.4	1.0	0.1	0.2
Sugars, total	g	1.69	4.09	0.52	0.74
Minerals					
Calcium, Ca	mg	14	34	4	6
Iron, Fe	mg	0.09	0.22	0.03	0.04
Magnesium, Mg	mg	8	19	2	4
Phosphorus, P	mg	14	34	4	6
Potassium, K	mg	117	283	36	51
Sodium, Na	mg	2	5	1	1
Zinc, Zn	mg	0.08	0.19	0.02	0.04
Vitamins					
Vitamin C, total ascorbic acid	mg	30.0	72.6	9.2	13.2
Thiamin	mg	0.025	0.061	0.008	0.011
Riboflavin	mg	0.015	0.036	0.005	0.007
Niacin	mg	0.142	0.344	0.044	0.062
Vitamin B-6	mg	0.038	0.092	0.012	0.017
Folate, DFE	µg	10	24	3	4
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	5	1	1
Vitamin A, IU	IU	50	121	15	22
Vitamin E (alpha-tocopherol)	mg	0.22	0.53	0.07	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
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Vitamin K (phylloquinone)	µg	0.6	1.5	0.2	0.3
Lipids					
Fatty acids, total saturated	g	0.008	0.019	0.002	0.004
Fatty acids, total monounsaturated	g	0.008	0.019	0.002	0.004
Fatty acids, total polyunsaturated	g	0.023	0.056	0.007	0.010
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0