

## Full Report (All Nutrients) 16071, Lima beans, large, mature seeds, raw

Report Date: July 19, 2019 19:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 178g	1 tbsp 11.1g
<b>Proximates</b>						
Water	g	10.17	43	0.280	18.10	1.13
Energy	kcal	338	--	--	602	38
Energy	kJ	1414	--	--	2517	157
Protein	g	21.46	49	0.140	38.20	2.38
Total lipid (fat)	g	0.69	48	0.030	1.23	0.08
Ash	g	4.30	46	0.090	7.65	0.48
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
<b>Minerals</b>						
Calcium, Ca	mg	81	48	3.000	144	9
Iron, Fe	mg	7.51	47	0.160	13.37	0.83
Magnesium, Mg	mg	224	45	--	399	25
Phosphorus, P	mg	385	47	9.000	685	43
Potassium, K	mg	1724	46	--	3069	191
Sodium, Na	mg	18	41	--	32	2
Zinc, Zn	mg	2.83	58	0.060	5.04	0.31
Copper, Cu	mg	0.740	58	0.022	1.317	0.082
Manganese, Mn	mg	1.672	28	0.073	2.976	0.186
Selenium, Se	µg	7.2	3	3.100	12.8	0.8
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 178g	1 tbsp 11.1g
Thiamin	mg	0.507	32	0.033	0.902	0.056
Riboflavin	mg	0.202	36	0.010	0.360	0.022
Niacin	mg	1.537	32	0.046	2.736	0.171
Pantothenic acid	mg	1.355	16	0.084	2.412	0.150
Vitamin B-6	mg	0.512	17	--	0.911	0.057
Folate, total	µg	395	16	13.000	703	44
Folic acid	µg	0	--	--	0	0
Folate, food	µg	395	16	13.000	703	44
Folate, DFE	µg	395	--	--	703	44
Choline, total	mg	96.7	--	--	172.1	10.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.72	--	--	1.28	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
<b>Lipids</b>						
Fatty acids, total saturated	g	0.161	--	--	0.287	0.018
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.002	--	--	0.004	0.000

Nutrient	Unit	1			1 cup 178g	1 tbsp 11.1g
		Value Per100 g	Data points	Std. Error		
16:0	g	0.118	--	--	0.210	0.013
18:0	g	0.032	--	--	0.057	0.004
Fatty acids, total monounsaturated	g	0.062	--	--	0.110	0.007
16:1 undifferentiated	g	0.004	--	--	0.007	0.000
18:1 undifferentiated	g	0.052	--	--	0.093	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.004	--	--	0.007	0.000
Fatty acids, total polyunsaturated	g	0.309	--	--	0.550	0.034
18:2 undifferentiated	g	0.215	--	--	0.383	0.024
18:3 undifferentiated	g	0.095	--	--	0.169	0.011
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.254	11	--	0.452	0.028
Threonine	g	0.927	30	--	1.650	0.103
Isoleucine	g	1.129	30	--	2.010	0.125
Leucine	g	1.850	30	--	3.293	0.205
Lysine	g	1.438	30	--	2.560	0.160
Methionine	g	0.271	32	--	0.482	0.030
Cystine	g	0.237	14	--	0.422	0.026
Phenylalanine	g	1.236	30	--	2.200	0.137
Tyrosine	g	0.759	30	--	1.351	0.084
Valine	g	1.291	30	--	2.298	0.143
Arginine	g	1.315	30	--	2.341	0.146
Histidine	g	0.656	30	--	1.168	0.073
Alanine	g	1.095	30	--	1.949	0.122
Aspartic acid	g	2.767	30	--	4.925	0.307
Glutamic acid	g	3.038	30	--	5.408	0.337

Nutrient	Unit	1			1 cup 178g	1 tbsp 11.1g
		Value Per100 g	Data points	Std. Error		
Glycine	g	0.906	30	--	1.613	0.101
Proline	g	0.975	30	--	1.735	0.108
Serine	g	1.428	30	--	2.542	0.159
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Isoflavones						
Glycitein <sup>1</sup>	mg	0.00	21	0	0.00	0.00
Biochanin A	mg	0.27	25	0.26	0.48	0.03
Formononetin	mg	0.32	25	0.3	0.57	0.04
Coumestrol	mg	0.13	25	0.44	0.23	0.01

<sup>1</sup>Nakamura, Y., Kaihara, A., Yoshii, K., Tsumura, Y., Ishimitsu, S., and Tonogai, Y. **Content and composition of isoflavones in mature or immature beans and bean sprouts consumed in Japan.**, 2001 J. Health Sci. 47 pp.394-406

**Langual Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1397 LIMA BEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE