

Statistics Report 16071, Lima beans, large, mature seeds, raw
Report Date: September 22, 2019 22:54 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 10.17 | 43 | 0.280 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Energy | kcal | 338 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 04/2007 |
| Energy | kJ | 1414 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 04/2007 |
| Protein | g | 21.46 | 49 | 0.140 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Total lipid (fat) | g | 0.69 | 48 | 0.030 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Ash | g | 4.30 | 46 | 0.090 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Carbohydrate, by difference | g | 63.38 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2003 |
| Fiber, total dietary | g | 19.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Sugars, total | g | 8.50 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2003 |

Minerals

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Calcium, Ca | mg | 81 | 48 | 3.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Iron, Fe | mg | 7.51 | 47 | 0.160 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Magnesium, Mg | mg | 224 | 45 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Phosphorus, P | mg | 385 | 47 | 9.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Potassium, K | mg | 1724 | 46 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Sodium, Na | mg | 18 | 41 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Zinc, Zn | mg | 2.83 | 58 | 0.060 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Copper, Cu | mg | 0.740 | 58 | 0.022 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Manganese, Mn | mg | 1.672 | 28 | 0.073 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Selenium, Se | µg | 7.2 | 3 | 3.100 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1992 |

Vitamins

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Thiamin | mg | 0.507 | 32 | 0.033 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Riboflavin | mg | 0.202 | 36 | 0.010 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Niacin | mg | 1.537 | 32 | 0.046 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Pantothenic acid | mg | 1.355 | 16 | 0.084 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Vitamin B-6 | mg | 0.512 | 17 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Folate, total | µg | 395 | 16 | 13.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 395 | 16 | 13.000 | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2007 |
| Folate, DFE | µg | 395 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 04/2007 |
| Choline, total | mg | 96.7 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 04/2007 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin B-12 | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2007 |
| Retinol | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2007 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.72 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2003 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) | µg | 6.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 05/2003 |

Lipids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Fatty acids, total saturated | g | 0.161 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 4:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 8:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 14:0 | g | 0.002 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 16:0 | g | 0.118 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 18:0 | g | 0.032 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Fatty acids, total monounsaturated | g | 0.062 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 16:1 undifferentiated | g | 0.004 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 18:1 undifferentiated | g | 0.052 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 20:1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 22:1 undifferentiated | g | 0.004 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Fatty acids, total polyunsaturated | g | 0.309 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 18:2 undifferentiated | g | 0.215 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 18:3 undifferentiated | g | 0.095 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| 18:4 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.254 | 11 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Threonine | g | 0.927 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Isoleucine | g | 1.129 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Leucine | g | 1.850 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Lysine | g | 1.438 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Methionine | g | 0.271 | 32 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |

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| Cystine | g | 0.237 | 14 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Phenylalanine | g | 1.236 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Tyrosine | g | 0.759 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Valine | g | 1.291 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Arginine | g | 1.315 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Histidine | g | 0.656 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Alanine | g | 1.095 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Aspartic acid | g | 2.767 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Glutamic acid | g | 3.038 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Glycine | g | 0.906 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |

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|------------------------|------|-------------------|----------------|------------|------|------|----|----|----|-----------|--|---------|------------------|
| Proline | g | 0.975 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Serine | g | 1.428 | 30 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1986 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 04/2007 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Flavonoids | | | | | | | | | | | | | |
| Isoflavones | | | | | | | | | | | | | |
| Glycitein ¹ | mg | 0.00 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Biochanin A | mg | 0.27 | -- | 0.26 | 0 | 0.5 | -- | -- | -- | -- | -- | -- | -- |
| Formononetin | mg | 0.32 | -- | 0.3 | 0.01 | 0.95 | -- | -- | -- | -- | -- | -- | -- |
| Coumestrol | mg | 0.13 | -- | 0.44 | 0 | 1.48 | -- | -- | -- | -- | -- | -- | -- |

¹Nakamura, 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