

Basic Report 16072, Lima beans, large, mature seeds, cooked, boiled, without salt

Report Date: June 26, 2019 06:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 188g	1 tbsp 11.7g
Proximates				
Water	g	69.79	131.21	8.17
Energy	kcal	115	216	13
Protein	g	7.80	14.66	0.91
Total lipid (fat)	g	0.38	0.71	0.04
Carbohydrate, by difference	g	20.88	39.25	2.44
Fiber, total dietary	g	7.0	13.2	0.8
Sugars, total	g	2.90	5.45	0.34
Minerals				
Calcium, Ca	mg	17	32	2
Iron, Fe	mg	2.39	4.49	0.28
Magnesium, Mg	mg	43	81	5
Phosphorus, P	mg	111	209	13
Potassium, K	mg	508	955	59
Sodium, Na	mg	2	4	0
Zinc, Zn	mg	0.95	1.79	0.11
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.161	0.303	0.019
Riboflavin	mg	0.055	0.103	0.006
Niacin	mg	0.421	0.791	0.049
Vitamin B-6	mg	0.161	0.303	0.019
Folate, DFE	µg	83	156	10
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.18	0.34	0.02

Nutrient	Unit	1 Value Per100 g	1 cup 188g	1 tbsp 11.7g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.0	3.8	0.2
Lipids				
Fatty acids, total saturated	g	0.089	0.167	0.010
Fatty acids, total monounsaturated	g	0.034	0.064	0.004
Fatty acids, total polyunsaturated	g	0.171	0.321	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