

Statistics Report 16072, Lima beans, large, mature seeds, cooked, boiled, without salt
Report Date: September 17, 2019 07:25 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	69.79	20	0.370	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	115	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	482	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	7.80	22	0.160	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.38	22	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	1.15	22	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	20.88	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	7.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sugars, total	g	2.90	--	--	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	17	29	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	2.39	30	0.150	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	43	30	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	111	29	3.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	508	30	14.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2	23	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	0.95	36	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.235	36	0.009	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.516	30	0.015	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	4.5	12	1.700	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fluoride, F 1	µg	2.2	36	0.200	2	3	3.0	1.4	3.0	1	Analytical or derived from analytical	--	01/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.161	22	0.009	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.055	22	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.421	22	0.018	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.422	8	0.012	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.161	8	0.005	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	83	8	6.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	83	8	6.000	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, DFE	µg	83	--	--	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
Choline, total	mg	32.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
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	--	04/2003
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	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	2.0	--	--	0	0	--	--	--	--	Calculated or imputed	16071	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	0.089	--	--	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	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.065	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.018	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.034	--	--	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	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:1 undifferentiated	g	0.029	--	--	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	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total polyunsaturated	g	0.171	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.118	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.052	--	--	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	0.092	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.337	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.411	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.673	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.523	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.099	--	--	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
Cystine	g	0.086	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.449	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.276	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.469	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.478	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.238	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.398	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	1.006	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.329	--	--	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
Proline	g	0.354	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.519	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Isoflavones													
Daidzein 2 3	mg	0.01	--	0.01	0	0.03	--	--	--	--	--	--	--
Genistein 2 3	mg	0.02	--	0.04	0	0.08	--	--	--	--	--	--	--
Total isoflavones 2 3	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Biochanin A	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

²Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

³Franke, A. A., Custer, L. J., Cerna, C. M., and Narala, K. **Rapid HPLC analysis of dietary phytoestrogens from legumes and from human urine.**, 1995 Proc. Soc. Exp. Biol. Med. 208 pp.18-26