

Basic Report 43312, Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Report Date: September 19, 2019 15:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 182g
Proximates			
Water	g	90.20	164.16
Energy	kcal	37	67
Protein	g	1.40	2.55
Total lipid (fat)	g	0.20	0.36
Carbohydrate, by difference	g	7.31	13.30
Fiber, total dietary	g	3.1	5.6
Sugars, total	g	2.41	4.39
Minerals			
Calcium, Ca	mg	21	38
Iron, Fe	mg	0.65	1.18
Magnesium, Mg	mg	15	27
Phosphorus, P	mg	37	67
Potassium, K	mg	138	251
Sodium, Na	mg	26	47
Zinc, Zn	mg	0.51	0.93
Vitamins			
Vitamin C, total ascorbic acid	mg	3.8	6.9
Thiamin	mg	0.030	0.055
Riboflavin	mg	0.040	0.073
Niacin	mg	0.480	0.874
Vitamin B-6	mg	0.080	0.146
Folate, DFE	µg	18	33
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	583	1061
Vitamin A, IU	IU	11651	21205
Vitamin E (alpha-tocopherol)	mg	0.29	0.53

Nutrient	Unit	1 Value Per100 g	1 cup 182g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	18.2	33.1
Lipids			
Fatty acids, total saturated	g	0.039	0.071
Fatty acids, total monounsaturated	g	0.022	0.040
Fatty acids, total polyunsaturated	g	0.098	0.178
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0