

Full Report (All Nutrients) 11502, Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Report Date: January 24, 2019 04:04 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:2.72 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
Proximates					
Water	g	74.10	--	--	125.97
Energy	kcal	93	--	--	158
Energy	kJ	389	--	--	661
Protein	g	4.31	--	--	7.33
Total lipid (fat)	g	0.89	--	--	1.51
Ash	g	0.75	--	--	1.27
Carbohydrate, by difference	g	19.95	--	--	33.91
Fiber, total dietary	g	4.1	--	--	7.0
Sugars, total	g	2.21	--	--	3.76
Minerals					
Calcium, Ca	mg	15	--	--	26
Iron, Fe	mg	0.89	--	--	1.51
Magnesium, Mg	mg	23	--	--	39
Phosphorus, P	mg	70	--	--	119
Potassium, K	mg	265	--	--	450
Sodium, Na	mg	45	--	--	76
Zinc, Zn	mg	0.45	--	--	0.77
Copper, Cu	mg	0.060	--	--	0.102
Manganese, Mn	mg	0.280	--	--	0.476
Selenium, Se	µg	0.6	--	--	1.0
Vitamins					
Vitamin C, total ascorbic acid	mg	5.9	--	--	10.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
Thiamin	mg	0.074	--	--	0.126
Riboflavin	mg	0.068	--	--	0.116
Niacin	mg	1.306	--	--	2.220
Pantothenic acid	mg	0.232	--	--	0.394
Vitamin B-6	mg	0.095	--	--	0.161
Folate, total	µg	33	--	--	56
Folic acid	µg	0	--	--	0
Folate, food	µg	33	--	--	56
Folate, DFE	µg	33	--	--	56
Choline, total	mg	29.1	--	--	49.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	10	--	--	17
Retinol	µg	0	--	--	0
Carotene, beta	µg	82	--	--	139
Carotene, alpha	µg	9	--	--	15
Cryptoxanthin, beta	µg	61	--	--	104
Vitamin A, IU	IU	194	--	--	330
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	342	--	--	581
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.31
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.7	--	--	4.6
Lipids					
Fatty acids, total saturated	g	0.166	--	--	0.282
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
16:0	g	0.151	--	--	0.257
18:0	g	0.015	--	--	0.025
Fatty acids, total monounsaturated	g	0.173	--	--	0.294
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.173	--	--	0.294
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.427	--	--	0.726
18:2 undifferentiated	g	0.361	--	--	0.614
18:3 undifferentiated	g	0.067	--	--	0.114
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.048	--	--	0.082
Threonine	g	0.179	--	--	0.304
Isoleucine	g	0.243	--	--	0.413
Leucine	g	0.379	--	--	0.644
Lysine	g	0.252	--	--	0.428
Methionine	g	0.058	--	--	0.099
Cystine	g	0.047	--	--	0.080
Phenylalanine	g	0.208	--	--	0.354
Tyrosine	g	0.147	--	--	0.250
Valine	g	0.262	--	--	0.445
Arginine	g	0.251	--	--	0.427
Histidine	g	0.137	--	--	0.233
Alanine	g	0.237	--	--	0.403
Aspartic acid	g	0.419	--	--	0.712
Glutamic acid	g	0.649	--	--	1.103

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g
Glycine	g	0.172	--	--	0.292
Proline	g	0.168	--	--	0.286
Serine	g	0.248	--	--	0.422
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1361 SUCCOTASH
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0241 PREVIOUSLY FROZEN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE