

Full Report (All Nutrients) 45135851, ZURSUN IDAHO HEIRLOOM BEANS, LARGE LIMA BEANS, UPC: 064721151281
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Report Date: December 15, 2018 04:24 EST

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ZURSUN IDAHO HEIRLOOM BEANS

Nutrient	Unit	Data points	Std. Error	0.25 cup 35g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	120	343
Protein	g	--	--	7.00	20.00
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	22.00	62.86
Fiber, total dietary	g	--	--	7.0	20.0
Sugars, total	g	--	--	3.00	8.57
Minerals					
Calcium, Ca	mg	--	--	20	57
Iron, Fe	mg	--	--	1.80	5.14
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	3.4
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

LARGE LIMA BEANS. Date Available: 03/12/2018 Date Last Updated by Company: 03/12/2018