

Basic Report 16073, Lima beans, large, mature seeds, canned

Report Date: July 20, 2019 01:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 241g
Proximates			
Water	g	77.08	185.76
Energy	kcal	79	190
Protein	g	4.93	11.88
Total lipid (fat)	g	0.17	0.41
Carbohydrate, by difference	g	14.91	35.93
Fiber, total dietary	g	4.8	11.6
Minerals			
Calcium, Ca	mg	21	51
Iron, Fe	mg	1.81	4.36
Magnesium, Mg	mg	39	94
Phosphorus, P	mg	74	178
Potassium, K	mg	220	530
Sodium, Na	mg	336	810
Zinc, Zn	mg	0.65	1.57
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.055	0.133
Riboflavin	mg	0.034	0.082
Niacin	mg	0.261	0.629
Vitamin B-6	mg	0.091	0.219
Folate, DFE	µg	50	120
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 241g
Lipids			
Fatty acids, total saturated	g	0.039	0.094
Fatty acids, total monounsaturated	g	0.015	0.036
Fatty acids, total polyunsaturated	g	0.074	0.178
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other