



**Food ID:** C024

**Food name and Description:** Lima bean seed, dried

**Scientific name:** *Phaseolus lunatus*

**Alternate/Common name(s):** Patani buto, tuyo

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	10.2
Energy, calculated (kcal)	348
Protein (g)	19.8
Total Fat (g)	1
Carbohydrate, total (g)	64.9
Ash, total (g)	4.1

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	19
Sugars, total (g)	8.5

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	214
Phosphorus, P (mg)	216
Iron, Fe (mg)	2.4
Sodium, Na (mg)	18

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.24
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.4
Niacin from tryptophan (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.23
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.45

Cholesterol (mg)

0