



Food ID: C057

Food name and Description: Lima bean, fried & seasoned

Scientific name:

Alternate/Common name(s): Patani, prito, may timpla

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.1
Energy, calculated (kcal)	500
Protein (g)	24.4
Total Fat (g)	26
Carbohydrate, total (g)	42.2
Ash, total (g)	3.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	62
Phosphorus, P (mg)	357
Iron, Fe (mg)	0.1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-