



**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)	-