



Food ID: D118

Food name and Description: Lima bean pod

Scientific name: *Phaseolus lunatus*

Alternate/Common name(s): Patani bunga

Edible portion: 43%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.7
Energy, calculated (kcal)	126
Protein (g)	8.3
Total Fat (g)	0.7
Carbohydrate, total (g)	21.7
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.3
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	114
Iron, Fe (mg)	2.2
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	26

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.16
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.34
Cholesterol (mg)	0