

Nutrition Facts

Lima Beans

Serving size (100g)

Amount Per Serving

Calories

120

www.ihcare.ae % Daily Value*

Total Fat 0g	0%
Saturated Fat 0.09g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 2.4mg	15%
Potassium 0mg	0%
Vitamin A 83mcg	0%
Vitamin C 0.5mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.