

Lima beans

Nutrition Facts

Serving Size: ½ cup cooked lima beans
(94g)

Calories 108

Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 7g 26%

Sugars 3g

Protein 7g

Vitamin A 0%

Calcium 2%

Vitamin C 0%

Iron 13%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 16072

Blackeye peas (cowpeas)

Nutrition Facts

Serving Size: ½ cup cooked blackeye
peas (83g)

Calories 80

Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 4g 16%

Sugars 3g

Protein 3g

Vitamin A 13%

Calcium 11%

Vitamin C 3%

Iron 5%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11192

Kidney beans

Nutrition Facts

Serving Size: ½ cup cooked kidney
beans (89g)

Calories 110

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 8g 33%

Sugars 3g

Protein 8g

Vitamin A 0%

Calcium 6%

Vitamin C 2%

Iron 15%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 16031