



Nutrition Panel: Frozen Baby Lima Beans

Nutrition Facts	
Serving Size 1/2 Cup (85g)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 350mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 5g	
Vitamin A 2%	+ Vitamin C 8%
Calcium 2%	+ Iron 10%
* Percent Daily Values are based on a 2,500 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 30g 35g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g