



Food ID: B001

Food name and Description: Cassava

Scientific name: *Manihot esculenta*

Alternate/Common name(s): Kamoteng kahoy/Balinghoy

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63
Energy, calculated (kcal)	145
Protein (g)	0.6
Total Fat (g)	0.2
Carbohydrate, total (g)	35.3
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	41
Iron, Fe (mg)	1.1
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Niacin from tryptophan (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	50

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.03

Cholesterol (mg)

0