



**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