



**Food ID:** B003

**Food name and Description:** Cassava, yellow

**Scientific name:** *Manihot esculenta*

**Alternate/Common name(s):** Kamoteng kahoy/Balinghoy, dilaw

**Edible portion:** 85%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	61
Energy, calculated (kcal)	155
Protein (g)	0.7
Total Fat (g)	0.2
Carbohydrate, total (g)	37.7
Ash, total (g)	0.4

### **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)	37
Phosphorus, P (mg)	47
Iron, Fe (mg)	1
Sodium, Na (mg)	14

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	155
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	65

### **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