



Food ID: B005

Food name and Description: East Indian arrowroot, boiled

Scientific name: *Tacca leontopetaloides*

Alternate/Common name(s): Yabyaban, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.2
Energy, calculated (kcal)	88
Protein (g)	3.1
Total Fat (g)	0.2
Carbohydrate, total (g)	18.5
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.5
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	14
Phosphorus, P (mg)	57
Iron, Fe (mg)	1.3
Sodium, Na (mg)	31

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	3

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0