



Food ID: B009

Food name and Description: Sweet potato, purple

Scientific name: *Ipomoea batatas*

Alternate/Common name(s): Kamote, murado

Edible portion: 77%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.1
Energy, calculated (kcal)	125
Protein (g)	0.6
Total Fat (g)	0.4
Carbohydrate, total (g)	29.8
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.2
Sugars, total (g)	5.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	21
Phosphorus, P (mg)	40
Iron, Fe (mg)	0.4
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	1
Niacin from tryptophan (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	41

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.11

Cholesterol (mg)

0