



Food ID: B011

Food name and Description: Sweet potato, white

Scientific name: *Ipomoea batatas*

Alternate/Common name(s): Kamote, puti

Edible portion: 89%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.5
Energy, calculated (kcal)	105
Protein (g)	0.7
Total Fat (g)	0.5
Carbohydrate, total (g)	24.3
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	4.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	152
Phosphorus, P (mg)	50
Iron, Fe (mg)	1.1
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.7
Niacin from tryptophan (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	48

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.18
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.14

Cholesterol (mg)

0