

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: B013 Food name and Description: Sweet potato, yellow Scientific name: *Ipomoea batatas* Alternate/Common name(s): Kamote, dilaw Edible portion: 88%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65.5
Energy, calculated (kcal)	135
Protein (g)	1.1
Total Fat (g)	0.4
Carbohydrate, total (g)	31.8
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.6
Sugars, total (g)	6.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	55
Phosphorus, P (mg)	51
Iron, Fe (mg)	0.7
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	540
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.6
Niacin from tryptophan (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	35

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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 16:35:03 Cholesterol (mg)