



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

Cholesterol (mg)

0