

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)