



Food ID: B014

Food name and Description: Sweet potato, yellow, boiled

Scientific name: *Ipomoea batatas*

Alternate/Common name(s): Kamote, dilaw, nilaga

Edible portion: 86%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.1
Energy, calculated (kcal)	128
Protein (g)	0.5
Total Fat (g)	0.3
Carbohydrate, total (g)	30.7
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4
Sugars, total (g)	9.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	26
Iron, Fe (mg)	0.4
Sodium, Na (mg)	43

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	280
Retinol Activity Equivalent, RAE (µg)	23
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0