



Food ID: B015

Food name and Description: Taro

Scientific name: *Colocasia esculenta*

Alternate/Common name(s): Gabi

Edible portion: 77%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.1
Energy, calculated (kcal)	141
Protein (g)	2.3
Total Fat (g)	0.2
Carbohydrate, total (g)	32.6
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	62
Iron, Fe (mg)	0.9
Sodium, Na (mg)	13

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.2
Niacin from tryptophan (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	9

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.08

Cholesterol (mg)

0