



**Food ID:** B018

**Food name and Description:** Yam, Luzon

**Scientific name:** *Dioscorea luzonensis*

**Alternate/Common name(s):** Pakit/Kamangeg

**Edible portion:** 77%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.7
Energy, calculated (kcal)	99
Protein (g)	2.5
Total Fat (g)	0.1
Carbohydrate, total (g)	22.1
Ash, total (g)	0.6

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.4
Sugars, total (g)	0.4

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	60
Phosphorus, P (mg)	41
Iron, Fe (mg)	0.7
Sodium, Na (mg)	7

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	18

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0