



Food ID: B019

Food name and Description: Yam, nami

Scientific name: *Dioscorea hispida*

Alternate/Common name(s): Nami/Asiatic bitter yam

Edible portion: 86%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.5
Energy, calculated (kcal)	105
Protein (g)	2.3
Total Fat (g)	0.3
Carbohydrate, total (g)	23.3
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.6
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	35
Phosphorus, P (mg)	22
Iron, Fe (mg)	1.2
Sodium, Na (mg)	8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	70
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	24

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0