



Food ID: B020

Food name and Description: Yam, purple

Scientific name: *Dioscorea alata*

Alternate/Common name(s): Ubi/Ube

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.9
Energy, calculated (kcal)	97
Protein (g)	1.7
Total Fat (g)	0.2
Carbohydrate, total (g)	22.2
Ash, total (g)	1

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)	19
Phosphorus, P (mg)	44
Iron, Fe (mg)	0.1
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)	0.09
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	6

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0