



Food ID: B023

Food name and Description: Yam, spiny, boiled

Scientific name: *Dioscorea esculenta*

Alternate/Common name(s): Tugi/Lesser yam, nilaga

Edible portion: 97%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.8
Energy, calculated (kcal)	69
Protein (g)	0.4
Total Fat (g)	1.2
Carbohydrate, total (g)	14.1
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	41
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.3
Sodium, Na (mg)	4

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)	0.03
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	9

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.51
Cholesterol (mg)	0