



Food ID: B024

Food name and Description: Yautia

Scientific name: *Xanthosoma sagittifolium*

Alternate/Common name(s): Gabing Cebu

Edible portion: 95%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.7
Energy, calculated (kcal)	122
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	29.4
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	53
Iron, Fe (mg)	1.5
Sodium, Na (mg)	24

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)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0