



**Food ID:** B030

**Food name and Description:** Cassava, mashed, w/ sugar & marg

**Scientific name:** N/A

**Alternate/Common name(s):** Kamoteng kahoy, linupak

**Edible portion:** 100%

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

Water (g)	55
Energy, calculated (kcal)	183
Protein (g)	0.4
Total Fat (g)	1.3
Carbohydrate, total (g)	42.4
Ash, total (g)	0.9

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

Fiber, total dietary (g)	1.3
Sugars, total (g)	13.5

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

Calcium, Ca (mg)	140
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.8
Sodium, Na (mg)	60

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.61
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	0