



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