

**Food ID:** B038**Food name and Description:** Yam, nami, brined**Scientific name:****Alternate/Common name(s):** Nami, inasnan**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.3
Energy, calculated (kcal)	66
Protein (g)	1
Total Fat (g)	0.2
Carbohydrate, total (g)	15
Ash, total (g)	0.5

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	15
Phosphorus, P (mg)	8
Iron, Fe (mg)	1.2
Sodium, Na (mg)	136

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	70
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	2

**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