



Food ID: B039

Food name and Description: Yam, nami, dried

Scientific name:

Alternate/Common name(s): Nami, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	11.5
Energy, calculated (kcal)	351
Protein (g)	6.6
Total Fat (g)	0.4
Carbohydrate, total (g)	80.3
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	11.9
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	136
Phosphorus, P (mg)	56
Iron, Fe (mg)	12.4
Sodium, Na (mg)	26

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)	0.05
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0