



Food ID: B040

Food name and Description: Yam, purple, pudding

Scientific name:

Alternate/Common name(s): Ubi, maja

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	53.5
Energy, calculated (kcal)	187
Protein (g)	1.2
Total Fat (g)	0.8
Carbohydrate, total (g)	43.8
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	25.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	24
Phosphorus, P (mg)	51
Iron, Fe (mg)	3.1
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.4
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
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