



Food ID: B041

Food name and Description: Yam, purple, pudding,w/ grtd coconut topping

Scientific name:

Alternate/Common name(s): Ubi, maja, may niyog

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	53
Energy, calculated (kcal)	191
Protein (g)	1.7
Total Fat (g)	1.2
Carbohydrate, total (g)	43.4
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2
Sugars, total (g)	25.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	18
Phosphorus, P (mg)	47
Iron, Fe (mg)	2.4
Sodium, Na (mg)	14

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.02
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