



Food ID: B042

Food name and Description: Yacon tuber, raw

Scientific name: *Smallanthus sonchifolius*

Alternate/Common name(s): Peruvian ground apple

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91
Energy, calculated (kcal)	35
Protein (g)	0.4
Total Fat (g)	0.1
Carbohydrate, total (g)	8.1
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	6
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.1
Potassium, K (mg)	105
Sodium, Na (mg)	27
Zinc, Zn (mg)	0.2

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)	0.03
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.02
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.01
Oleic , C18:1 (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.05
Linoleic, C18:2 (g)	0.03
Linolenic, C18:3 (g)	0.02
Cholesterol (mg)	0