



Food ID: B043

Food name and Description: Sweet potato, orange

Scientific name: *Ipomoea batatas*

Alternate/Common name(s): -

Edible portion: 80%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.6
Energy, calculated (kcal)	121
Protein (g)	1.1
Total Fat (g)	0.3
Carbohydrate, total (g)	28.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	45
Iron, Fe (mg)	0.4
Potassium, K (mg)	633
Sodium, Na (mg)	83
Zinc, Zn (mg)	0.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	7002
Retinol Activity Equivalent, RAE (µg)	584
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.01

Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0