

**Food ID:** D244**Food name and Description:** Sweet potato lvs**Scientific name:** *Ipomoea batatas***Alternate/Common name(s):** Kamote dahon**Edible portion:** 34%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	87.2
Energy, calculated (kcal)	49
Protein (g)	3.9
Total Fat (g)	0.5
Carbohydrate, total (g)	7.2
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	45
Phosphorus, P (mg)	52
Iron, Fe (mg)	1.4
Potassium, K (mg)	512
Sodium, Na (mg)	9
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5768
Retinol Activity Equivalent, RAE (µg)	481
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	7

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.1
Stearic, C18 (g)	0.01
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.22
Linoleic, C18:2 (g)	0.19
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	0