



Food ID: D245

Food name and Description: Sweet potato lvs, boiled

Scientific name: *Ipomoea batatas*

Alternate/Common name(s): Kamote dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.1
Energy, calculated (kcal)	29
Protein (g)	1.1
Total Fat (g)	0.7
Carbohydrate, total (g)	4.6
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	57
Phosphorus, P (mg)	23
Iron, Fe (mg)	1.6
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1280
Retinol Activity Equivalent, RAE (µg)	107
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	7

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	0