



Food ID: D246

Food name and Description: Sweet potato lvs, purple

Scientific name: *Ipomoea batatas*

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

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.8
Energy, calculated (kcal)	69
Protein (g)	4.7
Total Fat (g)	0.6
Carbohydrate, total (g)	11.3
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.1
Sugars, total (g)	1.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	105
Phosphorus, P (mg)	74
Iron, Fe (mg)	4.3
Sodium, Na (mg)	13

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	3890
Retinol Activity Equivalent, RAE (μg)	324
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	36

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.27
Cholesterol (mg)	0