



Food ID: D260

Food name and Description: Yam bean

Scientific name: *Pachyrhizus erosus*

Alternate/Common name(s): Singkamas lamang-ugat/Jicama

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.6
Energy, calculated (kcal)	45
Protein (g)	1.1
Total Fat (g)	0.2
Carbohydrate, total (g)	9.8
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.6
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	14
Phosphorus, P (mg)	18
Iron, Fe (mg)	0.4
Sodium, Na (mg)	4

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)	0.05
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Niacin from tryptophan (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.1

Cholesterol (mg)

0