

**Food ID:** M020**Food name and Description:** Fudge, yam**Scientific name:****Alternate/Common name(s):** Pastilyas, ube**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	12.6
Energy, calculated (kcal)	349
Protein (g)	8
Total Fat (g)	1.5
Carbohydrate, total (g)	75.9
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	58.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	120
Phosphorus, P (mg)	111
Iron, Fe (mg)	3
Sodium, Na (mg)	163

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	12
beta-Carotene (µg)	3
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.93
Fatty acids, monounsaturated, total (g)	0.39
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	4