



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 |