



Food ID: M027

Food name and Description: Jam, yam

Scientific name:

Alternate/Common name(s): Halaya, ubi

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	24.4
Energy, calculated (kcal)	296
Protein (g)	7.1
Total Fat (g)	0.4
Carbohydrate, total (g)	66.1
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	52.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	344
Phosphorus, P (mg)	94
Iron, Fe (mg)	0.3
Sodium, Na (mg)	35

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.22
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0