



**Food ID:** R094

**Food name and Description:** Fruit salad, prep, w/ yacon

**Scientific name:**

**Alternate/Common name(s):** Yacon salad twister

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.6
Energy, calculated (kcal)	62
Protein (g)	0.4
Total Fat (g)	0.3
Carbohydrate, total (g)	14.3
Ash, total (g)	0.4

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	12.9

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	14
Iron, Fe (mg)	0.3
Sodium, Na (mg)	17

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	29
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	16

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	0