



Food ID: R095

Food name and Description: Macaroni salad, prep, w/ yacon

Scientific name:

Alternate/Common name(s): Yacon macaroni salad

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.1
Energy, calculated (kcal)	191
Protein (g)	3.4
Total Fat (g)	14.9
Carbohydrate, total (g)	10.7
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	5.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	47
Iron, Fe (mg)	0.5
Sodium, Na (mg)	217

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	94
beta-Carotene (µg)	78
Retinol Activity Equivalent, RAE (µg)	101
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.7
Fatty acids, monounsaturated, total (g)	2.8
Fatty acids, polyunsaturated, total(g)	5.4
Cholesterol (mg)	54