



Food ID: R096

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

Scientific name:

Alternate/Common name(s): Yacon, waldorf salad

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.3
Energy, calculated (kcal)	177
Protein (g)	1.8
Total Fat (g)	11.8
Carbohydrate, total (g)	16
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.6
Sugars, total (g)	14

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	28
Phosphorus, P (mg)	53
Iron, Fe (mg)	0.5
Sodium, Na (mg)	216

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	106
Retinol Activity Equivalent, RAE (µg)	89
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.4
Fatty acids, monounsaturated, total (g)	2.2
Fatty acids, polyunsaturated, total(g)	6.5
Cholesterol (mg)	1