



**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