



**Food ID:** R099

**Food name and Description:** Chopsuey, prep, w/ yacon

**Scientific name:**

**Alternate/Common name(s):** Yacon chopsuey

**Edible portion:** 100%

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

Water (g)	84.5
Energy, calculated (kcal)	70
Protein (g)	2.7
Total Fat (g)	2.8
Carbohydrate, total (g)	8.5
Ash, total (g)	1.5

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

Fiber, total dietary (g)	2.9
Sugars, total (g)	4

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

Calcium, Ca (mg)	21
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.5
Sodium, Na (mg)	354

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

Retinol, Vitamin A (µg)	57
beta-Carotene (µg)	382
Retinol Activity Equivalent, RAE (µg)	89
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	11

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

Fatty acids, saturated, total (g)	1.3
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	6