



Food ID: R105

Food name and Description: Vegetable stir-fry w/ quail eggs, prep, w/ yacon

Scientific name:

Alternate/Common name(s): Yacon w/ quail eggs

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.1
Energy, calculated (kcal)	105
Protein (g)	4.2
Total Fat (g)	6
Carbohydrate, total (g)	8.6
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	6.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	23
Phosphorus, P (mg)	58
Iron, Fe (mg)	1.2
Sodium, Na (mg)	215

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	64
beta-Carotene (µg)	325
Retinol Activity Equivalent, RAE (µg)	91
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.6
Fatty acids, monounsaturated, total (g)	1.7
Fatty acids, polyunsaturated, total(g)	0.6

