



Food ID: R107

Food name and Description: Vegetable spring roll, fresh, w/ yacon

Scientific name:

Alternate/Common name(s): Yacon lumpiang sariwa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.4
Energy, calculated (kcal)	147
Protein (g)	3.8
Total Fat (g)	4.2
Carbohydrate, total (g)	23.6
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	17

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	51
Iron, Fe (mg)	1.1
Sodium, Na (mg)	594

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	9
beta-Carotene (µg)	184
Retinol Activity Equivalent, RAE (µg)	24
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.6
Fatty acids, monounsaturated, total (g)	0.7
Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	69