

Basic Report 11134, Cassava, raw

Report Date: September 17, 2019 08:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 206g	1 root 408g
Proximates				
Water	g	59.68	122.94	243.49
Energy	kcal	160	330	653
Protein	g	1.36	2.80	5.55
Total lipid (fat)	g	0.28	0.58	1.14
Carbohydrate, by difference	g	38.06	78.40	155.28
Fiber, total dietary	g	1.8	3.7	7.3
Sugars, total	g	1.70	3.50	6.94
Minerals				
Calcium, Ca	mg	16	33	65
Iron, Fe	mg	0.27	0.56	1.10
Magnesium, Mg	mg	21	43	86
Phosphorus, P	mg	27	56	110
Potassium, K	mg	271	558	1106
Sodium, Na	mg	14	29	57
Zinc, Zn	mg	0.34	0.70	1.39
Vitamins				
Vitamin C, total ascorbic acid	mg	20.6	42.4	84.0
Thiamin	mg	0.087	0.179	0.355
Riboflavin	mg	0.048	0.099	0.196
Niacin	mg	0.854	1.759	3.484
Vitamin B-6	mg	0.088	0.181	0.359
Folate, DFE	µg	27	56	110
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	4
Vitamin A, IU	IU	13	27	53
Vitamin E (alpha-tocopherol)	mg	0.19	0.39	0.78

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.9	3.9	7.8
Lipids				
Fatty acids, total saturated	g	0.074	0.152	0.302
Fatty acids, total monounsaturated	g	0.075	0.154	0.306
Fatty acids, total polyunsaturated	g	0.048	0.099	0.196
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0