

Basic Report 11510, Sweet potato, cooked, boiled, without skin

Report Date: September 15, 2019 20:18 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, mashed 328g | 1 medium 151g |
|--------------------------------|------|------------------------|-----------------------|------------------|
| Proximates | | | | |
| Water | g | 80.13 | 262.83 | 121.00 |
| Energy | kcal | 76 | 249 | 115 |
| Protein | g | 1.37 | 4.49 | 2.07 |
| Total lipid (fat) | g | 0.14 | 0.46 | 0.21 |
| Carbohydrate, by difference | g | 17.72 | 58.12 | 26.76 |
| Fiber, total dietary | g | 2.5 | 8.2 | 3.8 |
| Sugars, total | g | 5.74 | 18.83 | 8.67 |
| Minerals | | | | |
| Calcium, Ca | mg | 27 | 89 | 41 |
| Iron, Fe | mg | 0.72 | 2.36 | 1.09 |
| Magnesium, Mg | mg | 18 | 59 | 27 |
| Phosphorus, P | mg | 32 | 105 | 48 |
| Potassium, K | mg | 230 | 754 | 347 |
| Sodium, Na | mg | 27 | 89 | 41 |
| Zinc, Zn | mg | 0.20 | 0.66 | 0.30 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 12.8 | 42.0 | 19.3 |
| Thiamin | mg | 0.056 | 0.184 | 0.085 |
| Riboflavin | mg | 0.047 | 0.154 | 0.071 |
| Niacin | mg | 0.538 | 1.765 | 0.812 |
| Vitamin B-6 | mg | 0.165 | 0.541 | 0.249 |
| Folate, DFE | µg | 6 | 20 | 9 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 787 | 2581 | 1188 |
| Vitamin A, IU | IU | 15740 | 51627 | 23767 |
| Vitamin E (alpha-tocopherol) | mg | 0.94 | 3.08 | 1.42 |

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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 | 2.1 | 6.9 | 3.2 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.031 | 0.102 | 0.047 |
| Fatty acids, total monounsaturated | g | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.061 | 0.200 | 0.092 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |