

Basic Report 11258, Mountain yam, hawaii, raw

Report Date: February 22, 2018 13:25 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup, cubes 68g	1 yam 420g
Proximates				
Water	g	81.44	55.38	342.05
Energy	kcal	67	46	281
Protein	g	1.34	0.91	5.63
Total lipid (fat)	g	0.10	0.07	0.42
Carbohydrate, by difference	g	16.30	11.08	68.46
Fiber, total dietary	g	2.5	1.7	10.5
Sugars, total	g	0.31	0.21	1.30
Minerals				
Calcium, Ca	mg	26	18	109
Iron, Fe	mg	0.44	0.30	1.85
Magnesium, Mg	mg	12	8	50
Phosphorus, P	mg	34	23	143
Potassium, K	mg	418	284	1756
Sodium, Na	mg	13	9	55
Zinc, Zn	mg	0.27	0.18	1.13
Vitamins				
Vitamin C, total ascorbic acid	mg	2.6	1.8	10.9
Thiamin	mg	0.102	0.069	0.428
Riboflavin	mg	0.019	0.013	0.080
Niacin	mg	0.481	0.327	2.020
Vitamin B-6	mg	0.179	0.122	0.752
Folate, DFE	µg	14	10	59
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.21	0.14	0.88
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0

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Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.4	1.0	5.9
Lipids				
Fatty acids, total saturated	g	0.022	0.015	0.092
Fatty acids, total monounsaturated	g	0.004	0.003	0.017
Fatty acids, total polyunsaturated	g	0.045	0.031	0.189
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0