

Basic Report 11259, Mountain yam, hawaii, cooked, steamed, without salt

Report Date: January 24, 2019 03:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 145g
Proximates			
Water	g	77.14	111.85
Energy	kcal	82	119
Protein	g	1.73	2.51
Total lipid (fat)	g	0.08	0.12
Carbohydrate, by difference	g	20.00	29.00
Minerals			
Calcium, Ca	mg	8	12
Iron, Fe	mg	0.43	0.62
Magnesium, Mg	mg	10	14
Phosphorus, P	mg	40	58
Potassium, K	mg	495	718
Sodium, Na	mg	12	17
Zinc, Zn	mg	0.32	0.46
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.086	0.125
Riboflavin	mg	0.014	0.020
Niacin	mg	0.130	0.189
Vitamin B-6	mg	0.209	0.303
Folate, DFE	µg	12	17
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 145g
Fatty acids, total saturated	g	0.018	0.026
Fatty acids, total monounsaturated	g	0.003	0.004
Fatty acids, total polyunsaturated	g	0.036	0.052
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other