

**Basic Report 11507, Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)**

Report Date: June 19, 2019 03:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 133g	1 sweetpotato, 5" long 130g
<b>Proximates</b>				
Water	g	77.28	102.78	100.46
Energy	kcal	86	114	112
Protein	g	1.57	2.09	2.04
Total lipid (fat)	g	0.05	0.07	0.07
Carbohydrate, by difference	g	20.12	26.76	26.16
Fiber, total dietary	g	3.0	4.0	3.9
Sugars, total	g	4.18	5.56	5.43
<b>Minerals</b>				
Calcium, Ca	mg	30	40	39
Iron, Fe	mg	0.61	0.81	0.79
Magnesium, Mg	mg	25	33	32
Phosphorus, P	mg	47	63	61
Potassium, K	mg	337	448	438
Sodium, Na	mg	55	73	72
Zinc, Zn	mg	0.30	0.40	0.39
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.4	3.2	3.1
Thiamin	mg	0.078	0.104	0.101
Riboflavin	mg	0.061	0.081	0.079
Niacin	mg	0.557	0.741	0.724
Vitamin B-6	mg	0.209	0.278	0.272
Folate, DFE	µg	11	15	14
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	709	943	922
Vitamin A, IU	IU	14187	18869	18443
Vitamin E (alpha-tocopherol)	mg	0.26	0.35	0.34

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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	1.8	2.4	2.3
<b>Lipids</b>				
Fatty acids, total saturated	g	0.018	0.024	0.023
Fatty acids, total monounsaturated	g	0.001	0.001	0.001
Fatty acids, total polyunsaturated	g	0.014	0.019	0.018
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0