

Basic Report 11508, Sweet potato, cooked, baked in skin, flesh, without salt

Report Date: September 18, 2019 20:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 200g	1 large 180g	1 medium (2" dia, 5" long, raw) 114g	1 small 60g
Proximates						
Water	g	75.78	151.56	136.40	86.39	45.47
Energy	kcal	90	180	162	103	54
Protein	g	2.01	4.02	3.62	2.29	1.21
Total lipid (fat)	g	0.15	0.30	0.27	0.17	0.09
Carbohydrate, by difference	g	20.71	41.42	37.28	23.61	12.43
Fiber, total dietary	g	3.3	6.6	5.9	3.8	2.0
Sugars, total	g	6.48	12.96	11.66	7.39	3.89
Minerals						
Calcium, Ca	mg	38	76	68	43	23
Iron, Fe	mg	0.69	1.38	1.24	0.79	0.41
Magnesium, Mg	mg	27	54	49	31	16
Phosphorus, P	mg	54	108	97	62	32
Potassium, K	mg	475	950	855	542	285
Sodium, Na	mg	36	72	65	41	22
Zinc, Zn	mg	0.32	0.64	0.58	0.36	0.19
Vitamins						
Vitamin C, total ascorbic acid	mg	19.6	39.2	35.3	22.3	11.8
Thiamin	mg	0.107	0.214	0.193	0.122	0.064
Riboflavin	mg	0.106	0.212	0.191	0.121	0.064
Niacin	mg	1.487	2.974	2.677	1.695	0.892
Vitamin B-6	mg	0.286	0.572	0.515	0.326	0.172
Folate, DFE	µg	6	12	11	7	4
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	961	1922	1730	1096	577
Vitamin A, IU	IU	19218	38436	34592	21909	11531
Vitamin E (alpha-tocopherol)	mg	0.71	1.42	1.28	0.81	0.43

Nutrient	Unit	1 Value Per100 g	1 cup 200g	1 large 180g	1 medium (2" dia, 5" long, raw) 114g	1 small 60g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.3	4.6	4.1	2.6	1.4
Lipids						
Fatty acids, total saturated	g	0.052	0.104	0.094	0.059	0.031
Fatty acids, total monounsaturated	g	0.002	0.004	0.004	0.002	0.001
Fatty acids, total polyunsaturated	g	0.092	0.184	0.166	0.105	0.055
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0