

Basic Report 11603, Yambean (jicama), raw
Report Date: September 23, 2019 09:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 120g	1 cup 130g	1 large 1,200g	1 medium 659g	1 slice 6g	1 small 365g
Proximates								
Water	g	90.07	108.08	117.09	1080.84	593.56	5.40	328.76
Energy	kcal	38	46	49	456	250	2	139
Protein	g	0.72	0.86	0.94	8.64	4.74	0.04	2.63
Total lipid (fat)	g	0.09	0.11	0.12	1.08	0.59	0.01	0.33
Carbohydrate, by difference	g	8.82	10.58	11.47	105.84	58.12	0.53	32.19
Fiber, total dietary	g	4.9	5.9	6.4	58.8	32.3	0.3	17.9
Sugars, total	g	1.80	2.16	2.34	21.60	11.86	0.11	6.57
Minerals								
Calcium, Ca	mg	12	14	16	144	79	1	44
Iron, Fe	mg	0.60	0.72	0.78	7.20	3.95	0.04	2.19
Magnesium, Mg	mg	12	14	16	144	79	1	44
Phosphorus, P	mg	18	22	23	216	119	1	66
Potassium, K	mg	150	180	195	1800	988	9	548
Sodium, Na	mg	4	5	5	48	26	0	15
Zinc, Zn	mg	0.16	0.19	0.21	1.92	1.05	0.01	0.58
Vitamins								
Vitamin C, total ascorbic acid	mg	20.2	24.2	26.3	242.4	133.1	1.2	73.7
Thiamin	mg	0.020	0.024	0.026	0.240	0.132	0.001	0.073
Riboflavin	mg	0.029	0.035	0.038	0.348	0.191	0.002	0.106
Niacin	mg	0.200	0.240	0.260	2.400	1.318	0.012	0.730
Vitamin B-6	mg	0.042	0.050	0.055	0.504	0.277	0.003	0.153
Folate, DFE	µg	12	14	16	144	79	1	44
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	1	12	7	0	4
Vitamin A, IU	IU	21	25	27	252	138	1	77
Vitamin E (alpha-tocopherol)	mg	0.46	0.55	0.60	5.52	3.03	0.03	1.68

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.3	0.4	0.4	3.6	2.0	0.0	1.1
Lipids								
Fatty acids, total saturated	g	0.021	0.025	0.027	0.252	0.138	0.001	0.077
Fatty acids, total monounsaturated	g	0.005	0.006	0.007	0.060	0.033	0.000	0.018
Fatty acids, total polyunsaturated	g	0.043	0.052	0.056	0.516	0.283	0.003	0.157
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0