

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

Report Date: August 18, 2019 09:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 133g	1 sweetpotato, 5" long 130g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0