

Basic Report 11510, Sweet potato, cooked, boiled, without skin

Report Date: February 15, 2019 14:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 328g	1 medium 151g
Proximates				
Water	g	80.13	262.83	121.00
Energy	kcal	76	249	115
Protein	g	1.37	4.49	2.07
Total lipid (fat)	g	0.14	0.46	0.21
Carbohydrate, by difference	g	17.72	58.12	26.76
Fiber, total dietary	g	2.5	8.2	3.8
Sugars, total	g	5.74	18.83	8.67
Minerals				
Calcium, Ca	mg	27	89	41
Iron, Fe	mg	0.72	2.36	1.09
Magnesium, Mg	mg	18	59	27
Phosphorus, P	mg	32	105	48
Potassium, K	mg	230	754	347
Sodium, Na	mg	27	89	41
Zinc, Zn	mg	0.20	0.66	0.30
Vitamins				
Vitamin C, total ascorbic acid	mg	12.8	42.0	19.3
Thiamin	mg	0.056	0.184	0.085
Riboflavin	mg	0.047	0.154	0.071
Niacin	mg	0.538	1.765	0.812
Vitamin B-6	mg	0.165	0.541	0.249
Folate, DFE	µg	6	20	9
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	787	2581	1188
Vitamin A, IU	IU	15740	51627	23767
Vitamin E (alpha-tocopherol)	mg	0.94	3.08	1.42

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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	2.1	6.9	3.2
Lipids				
Fatty acids, total saturated	g	0.031	0.102	0.047
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.061	0.200	0.092
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0