

## Basic Report 11518, Taro, raw

Report Date: July 20, 2019 05:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 104g
<b>Proximates</b>			
Water	g	70.64	73.47
Energy	kcal	112	116
Protein	g	1.50	1.56
Total lipid (fat)	g	0.20	0.21
Carbohydrate, by difference	g	26.46	27.52
Fiber, total dietary	g	4.1	4.3
Sugars, total	g	0.40	0.42
<b>Minerals</b>			
Calcium, Ca	mg	43	45
Iron, Fe	mg	0.55	0.57
Magnesium, Mg	mg	33	34
Phosphorus, P	mg	84	87
Potassium, K	mg	591	615
Sodium, Na	mg	11	11
Zinc, Zn	mg	0.23	0.24
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	4.5	4.7
Thiamin	mg	0.095	0.099
Riboflavin	mg	0.025	0.026
Niacin	mg	0.600	0.624
Vitamin B-6	mg	0.283	0.294
Folate, DFE	µg	22	23
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	4	4
Vitamin A, IU	IU	76	79
Vitamin E (alpha-tocopherol)	mg	2.38	2.48

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, sliced 104g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.0	1.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.041	0.043
Fatty acids, total monounsaturated	g	0.016	0.017
Fatty acids, total polyunsaturated	g	0.083	0.086
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0