

Basic Report 11875, Sweet potato, cooked, baked in skin, flesh, with salt

Report Date: July 23, 2019 18:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 medium (2" dia, 5" long, raw) 114g	0.5 cup, mashed 100g
Proximates				
Water	g	75.78	86.39	75.78
Energy	kcal	90	103	90
Protein	g	2.01	2.29	2.01
Total lipid (fat)	g	0.15	0.17	0.15
Carbohydrate, by difference	g	20.71	23.61	20.71
Fiber, total dietary	g	3.3	3.8	3.3
Sugars, total	g	6.48	7.39	6.48
Minerals				
Calcium, Ca	mg	38	43	38
Iron, Fe	mg	0.69	0.79	0.69
Magnesium, Mg	mg	27	31	27
Phosphorus, P	mg	54	62	54
Potassium, K	mg	475	542	475
Sodium, Na	mg	246	280	246
Zinc, Zn	mg	0.32	0.36	0.32
Vitamins				
Vitamin C, total ascorbic acid	mg	19.6	22.3	19.6
Thiamin	mg	0.107	0.122	0.107
Riboflavin	mg	0.106	0.121	0.106
Niacin	mg	1.487	1.695	1.487
Vitamin B-6	mg	0.286	0.326	0.286
Folate, DFE	µg	6	7	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin E (alpha-tocopherol)	mg	0.71	0.81	0.71
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Vitamin K (phylloquinone)	µg	2.3	2.6	2.3
Lipids				
Fatty acids, total saturated	g	0.052	0.059	0.052
Fatty acids, total monounsaturated	g	0.002	0.002	0.002
Fatty acids, total polyunsaturated	g	0.092	0.105	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