

## Basic Report 11927, Mountain yam, hawaii, cooked, steamed, with salt

Report Date: August 21, 2017 04:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 145g
<b>Proximates</b>			
Water	g	77.14	111.85
Energy	kcal	82	119
Protein	g	1.73	2.51
Total lipid (fat)	g	0.08	0.12
Carbohydrate, by difference	g	19.99	28.99
<b>Minerals</b>			
Calcium, Ca	mg	8	12
Iron, Fe	mg	0.43	0.62
Magnesium, Mg	mg	10	14
Phosphorus, P	mg	40	58
Potassium, K	mg	495	718
Sodium, Na	mg	248	360
Zinc, Zn	mg	0.32	0.46
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.086	0.125
Riboflavin	mg	0.014	0.020
Niacin	mg	0.130	0.189
Vitamin B-6	mg	0.209	0.303
Folate, DFE	µg	12	17
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
<b>Lipids</b>			

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, cubes 145g</b>
Fatty acids, total saturated	g	0.018	0.026
Fatty acids, total monounsaturated	g	0.003	0.004
Fatty acids, total polyunsaturated	g	0.036	0.052
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**