

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

Report Date: March 27, 2019 11:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 328g	1 medium 151g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0