

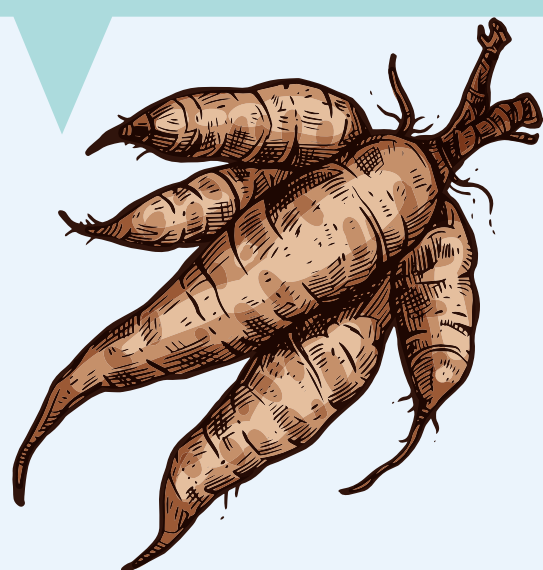


CASSAVA NUTRITION FACTS

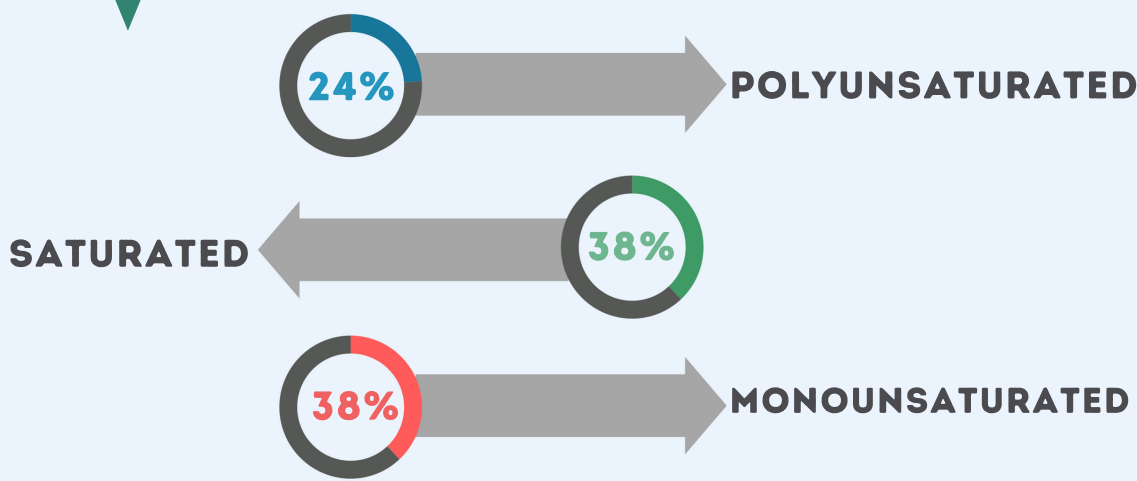


CALORIES 160/100GM

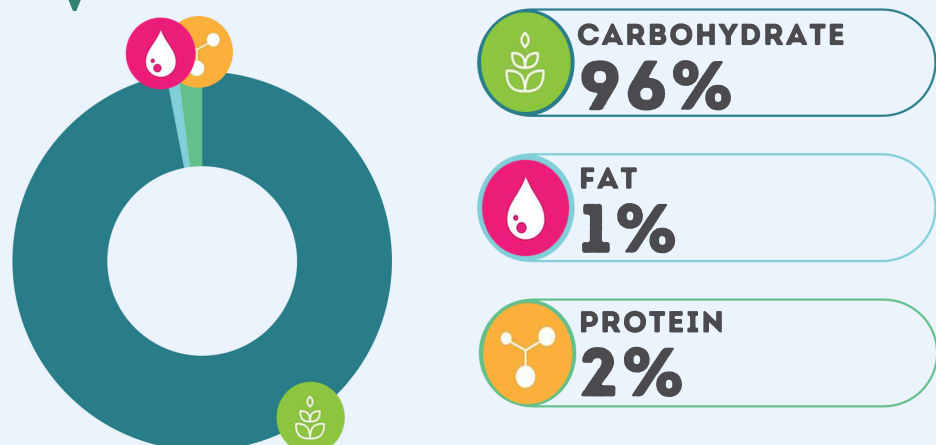
	AMOUNT		AMOUNT
CARBOHYDRATE	38.06 G	NIACIN	0.854 MG
FAT	0.28 G	VITAMIN A	1.00 MCG
PROTEIN	1.36 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.088 MG
FIBER	1.8 G	VITAMIN C	20.6 MG
RIBOFLAVIN	0.048 MG	VITAMIN D	0.00
SODIUM, NA	14 MG	FOLATE	27 MCG
THIAMIN	0.087 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CASSAVA OTHER NAMES

MANIHOT ESCULENTA
MANIOC
MANDIOCA
YUCA ROOT

MINERALS IN CASSAVA

16 MG	CALCIUM, CA	1 % (DV)
0.100 MG	COPPER, CU	11 % (DV)
0.27 MG	IRON, FE	2 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
27 MG	PHOSPHORUS, P	4 % (DV)
271 MG	POTASSIUM, K	6 % (DV)
0.34 MG	ZINC, ZN	3 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.