

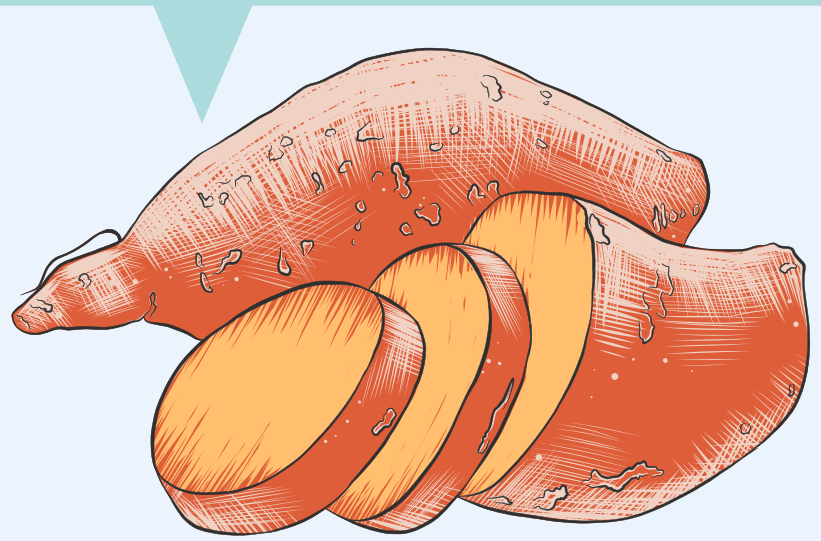


SWEET POTATO NUTRITION FACTS

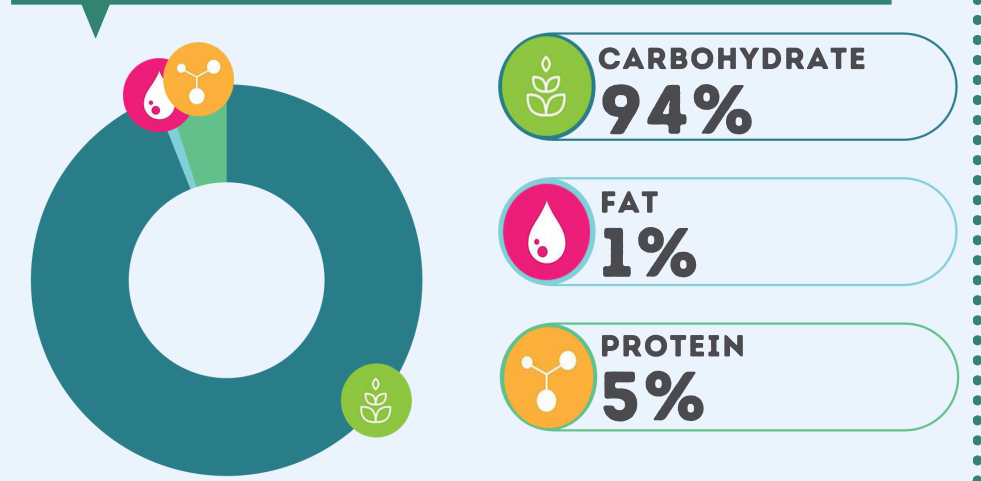


CALORIES 86/100GM

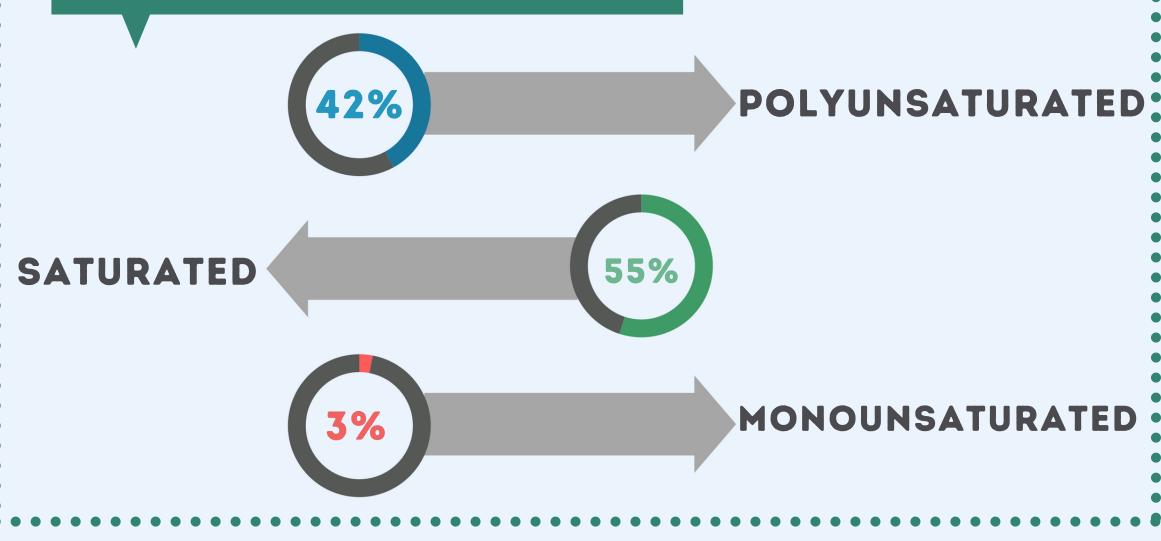
	AMOUNT		AMOUNT
CARBOHYDRATE	20.12 G	NIACIN	0.557 MG
FAT	0.05 G	VITAMIN A	709 MCG
PROTEIN	1.57 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.209 MG
FIBER	3.0 G	VITAMIN C	2.4 MG
RIBOFLAVIN	0.061 MG	VITAMIN D	0.00
SODIUM, NA	55 MG	FOLATE	11 MCG
THIAMIN	0.078 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



SWEET POTATO OTHER NAMES

IPOMOEA BATATAS

MINERALS IN SWEET POTATO

30 MG	CALCIUM, CA	2 % (DV)
0.151 MG	COPPER, CU	17 % (DV)
0.61 MG	IRON, FE	3 % (DV)
25 MG	MAGNESIUM, MG	20 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
47 MG	PHOSPHORUS, P	7 % (DV)
337 MG	POTASSIUM, K	7 % (DV)
0.30 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.