



# SWEET POTATO LEAVES NUTRITION FACTS



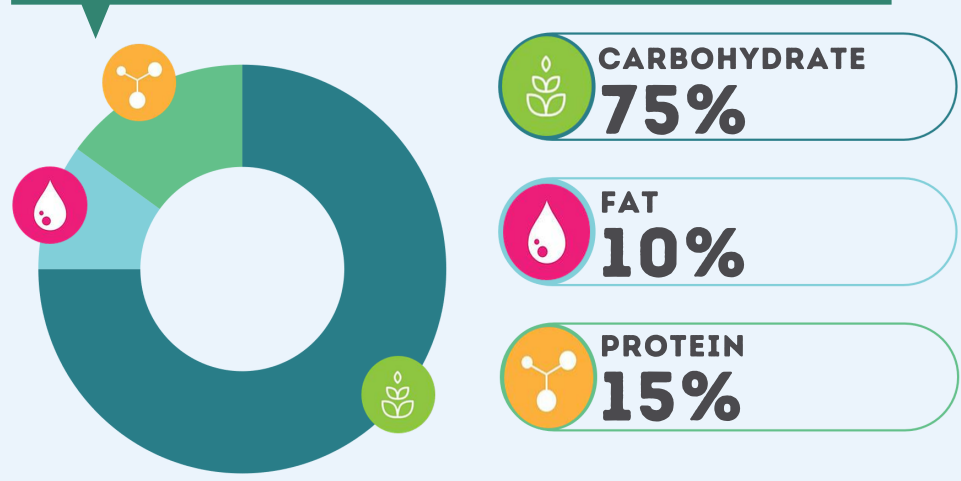
## CALORIES 42/100GM

	AMOUNT
CARBOHYDRATE	8.82 G
FAT	0.51 G
PROTEIN	2.49 G
CHOLESTEROL	0.00
FIBER	5.3 G
RIBOFLAVIN	0.345 MG
SODIUM, NA	6 MG
THIAMIN	0.156 MG

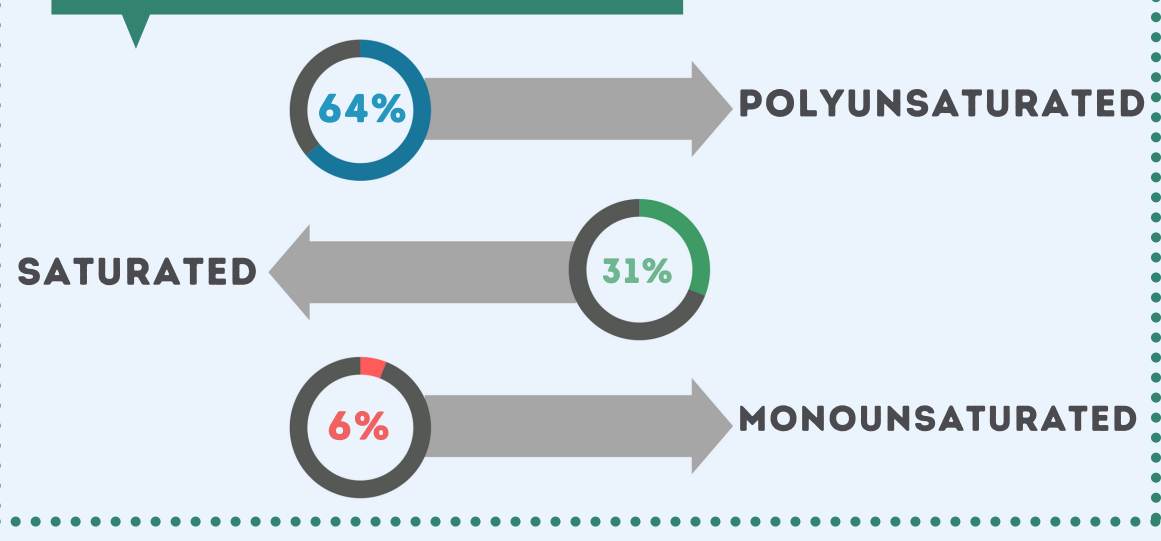
	AMOUNT
NIACIN	1.130 MG
VITAMIN A	189 MCG
VITAMIN B12	0.00
VITAMIN B6	0.190 MG
VITAMIN C	11 MG
VITAMIN D	0.00
FOLATE	1 MCG



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### SWEET POTATO LEAVES OTHER NAMES

IPOMOEA BATATAS

### MINERALS IN SWEET POTATO LEAVES

78 MG	CALCIUM, CA	6 % (DV)
0.032 MG	COPPER, CU	4 % (DV)
0.97 MG	IRON, FE	5 % (DV)
70 MG	MAGNESIUM, MG	18 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
81 MG	PHOSPHORUS, P	12 % (DV)
508 MG	POTASSIUM, K	11 % (DV)
0.26 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.