



YAM NUTRITION FACTS

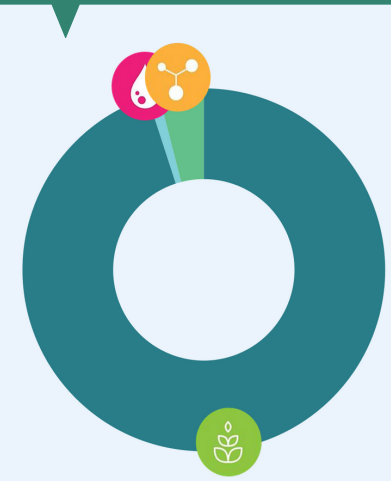


CALORIES 118/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	27.88 G	NIACIN	0.552 MG
FAT	0.17 G	VITAMIN A	7.00 MCG
PROTEIN	1.53 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.293 MG
FIBER	4.1 G	VITAMIN C	17.1 MG
RIBOFLAVIN	0.032 MG	VITAMIN D	0.00
SODIUM, NA	9 MG	FOLATE	23 MCG
THIAMIN	0.112 MG		

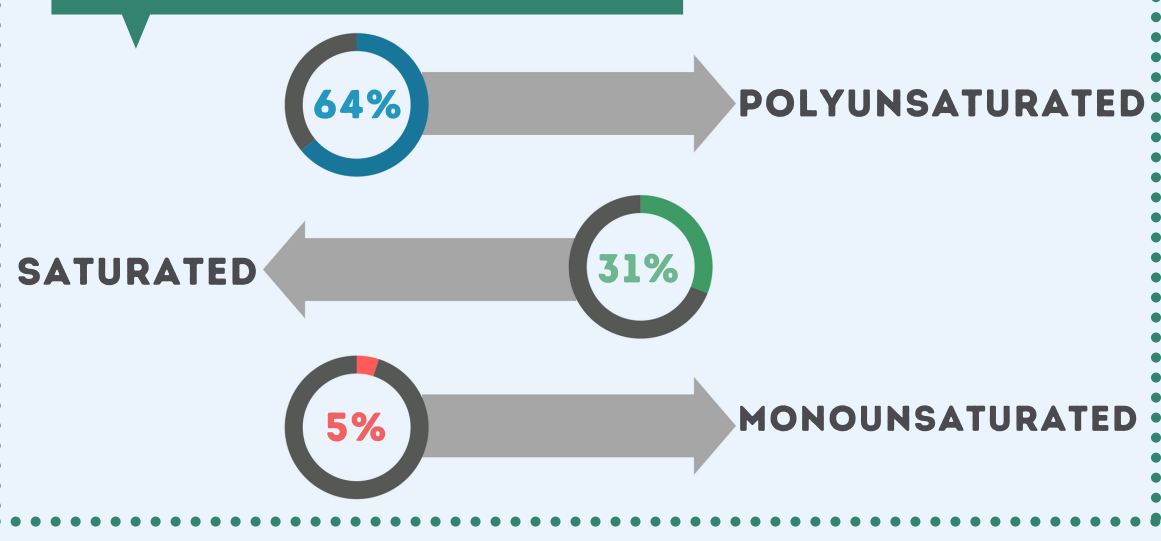


CALORIES BY SOURCE



- CARBOHYDRATE** 95%
- FAT** 1%
- PROTEIN** 4%

FATS AND FATTY ACIDS



YAM OTHER NAMES

- DIOSCOREA
- YAM TUBER
- YAM ROOT

MINERALS IN YAM

17 MG	CALCIUM, CA	1 % (DV)
0.178 MG	COPPER, CU	20 % (DV)
0.54 MG	IRON, FE	3 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
55 MG	PHOSPHORUS, P	8 % (DV)
816 MG	POTASSIUM, K	17 % (DV)
0.24 MG	ZINC, ZN	2 % (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.