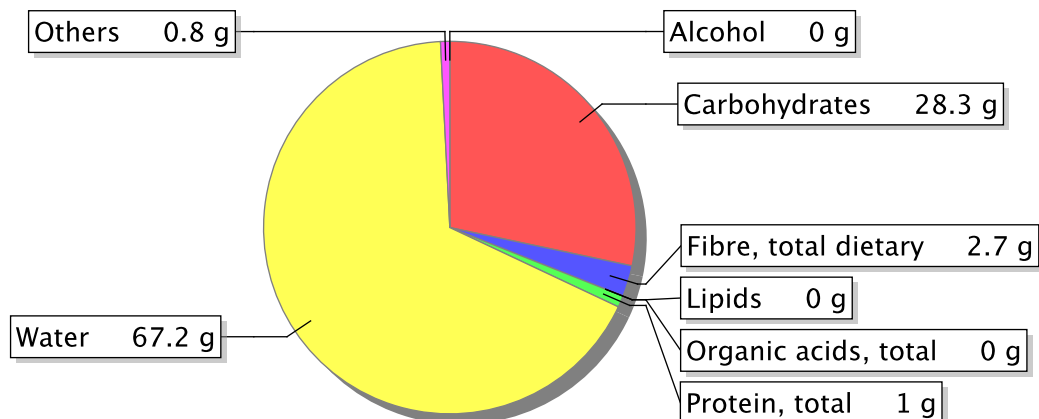


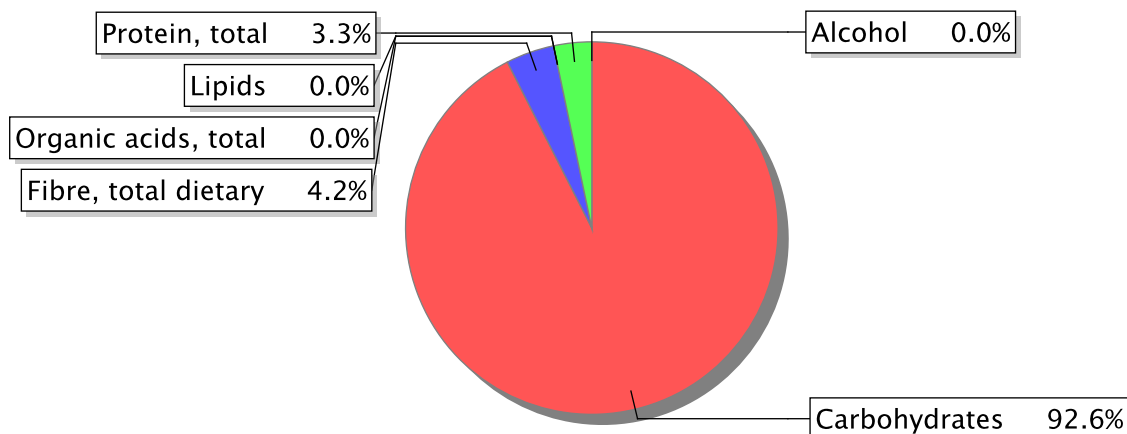
Food

Name: Potato, sweet, raw
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 77%
Code: IS593
FoodEX2 Code:

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kJ, total metabolisable	520	kJ	weighted
energy kcal, total metabolisable	123	kcal	weighted
Macro nutrients			
Lipids	0	g	weighted
fatty acids, total saturated	0	g	weighted
fatty acids, total monounsaturated	0	g	weighted
fatty acids, total polyunsaturated	0	g	weighted
fatty acid 18:2 n-6 cis,cis	0	g	weighted

Name	Value	Unit	Source(s)
Carbohydrates	28.3	g	weighted
oligosaccharides, available	0	g	weighted
sucrose	6	g	weighted
lactose	0	g	weighted
starch, total	20.4	g	weighted
salt	52	mg	weighted
fibre, total dietary	2.7	g	weighted
protein, total	1	g	57
alcohol	0	g	weighted
water	67.2	g	57
organic acids, total	0	g	weighted
cholesterol	0	mg	weighted
Vitamins			
vitamin A; retinol equiv from retinol and carotene, total (vitamin A precursors)	650	µg	weighted
vitamin D	3900	µg	weighted
alpha-tocopherol	0	µg	weighted
thiamin	4.6	mg	weighted
riboflavin	0.17	mg	weighted
niacin equivalents, total	0	mg	weighted
niacin, preformed	0.8	mg	weighted
vitamin B-6, total	0.5	mg	weighted
vitamin B-12	0.09	mg	weighted
vitamin C	0	µg	weighted
folate, total	25	mg	weighted
17	17	µg	weighted
Minerals			
ash	0.67	g	weighted
sodium	21	mg	57
potassium	350	mg	57
calcium	24	mg	weighted
phosphorus	32	mg	57
magnesium	14	mg	57
iron, total	0.4	mg	57
zinc	0.3	mg	weighted

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB