

Basic Report 11505, Sweet potato leaves, raw

Report Date: March 27, 2019 11:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 35g	1 leaf (12-1/4" long) 16g
Proximates				
Water	g	86.81	30.38	13.89
Energy	kcal	42	15	7
Protein	g	2.49	0.87	0.40
Total lipid (fat)	g	0.51	0.18	0.08
Carbohydrate, by difference	g	8.82	3.09	1.41
Fiber, total dietary	g	5.3	1.9	0.8
Minerals				
Calcium, Ca	mg	78	27	12
Iron, Fe	mg	0.97	0.34	0.16
Magnesium, Mg	mg	70	24	11
Phosphorus, P	mg	81	28	13
Potassium, K	mg	508	178	81
Sodium, Na	mg	6	2	1
Vitamins				
Vitamin C, total ascorbic acid	mg	11.0	3.9	1.8
Thiamin	mg	0.156	0.055	0.025
Riboflavin	mg	0.345	0.121	0.055
Niacin	mg	1.130	0.395	0.181
Vitamin B-6	mg	0.190	0.067	0.030
Folate, DFE	µg	1	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	189	66	30
Vitamin A, IU	IU	3778	1322	604
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	302.2	105.8	48.4

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Lipids				
Fatty acids, total saturated	g	0.111	0.039	0.018
Fatty acids, total monounsaturated	g	0.020	0.007	0.003
Fatty acids, total polyunsaturated	g	0.228	0.080	0.036
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other