

Basic Report 11506, Sweet potato leaves, cooked, steamed, without salt

Report Date: March 27, 2019 11:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 64g
Proximates			
Water	g	89.20	57.09
Energy	kcal	35	22
Protein	g	2.18	1.40
Total lipid (fat)	g	0.34	0.22
Carbohydrate, by difference	g	7.38	4.72
Fiber, total dietary	g	1.9	1.2
Sugars, total	g	5.48	3.51
Minerals			
Calcium, Ca	mg	33	21
Iron, Fe	mg	0.63	0.40
Magnesium, Mg	mg	48	31
Phosphorus, P	mg	40	26
Potassium, K	mg	312	200
Sodium, Na	mg	7	4
Zinc, Zn	mg	0.26	0.17
Vitamins			
Vitamin C, total ascorbic acid	mg	1.5	1.0
Thiamin	mg	0.112	0.072
Riboflavin	mg	0.267	0.171
Niacin	mg	1.003	0.642
Vitamin B-6	mg	0.160	0.102
Folate, DFE	µg	49	31
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	147	94
Vitamin A, IU	IU	2939	1881
Vitamin E (alpha-tocopherol)	mg	0.96	0.61

Nutrient	Unit	1 Value Per100 g	1 cup 64g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	108.6	69.5
Lipids			
Fatty acids, total saturated	g	0.065	0.042
Fatty acids, total monounsaturated	g	0.012	0.008
Fatty acids, total polyunsaturated	g	0.134	0.086
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0