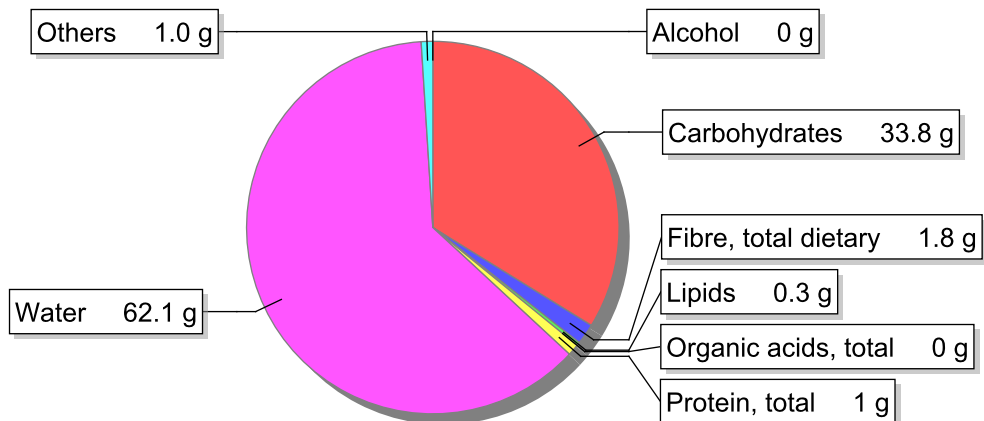


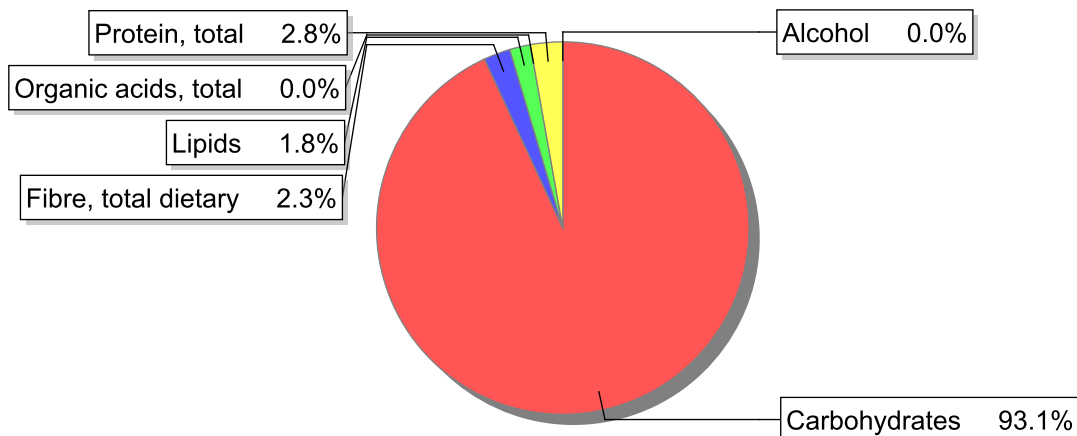
Food

Name: Cassava, raw
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 77%
Code:
FoodEX2 Code: A00ZZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	145	kcal	
energy kJ, total metabolisable	615	kJ	
fatty acids, total saturated	0.1	g	649, 650
fatty acids, total monounsaturated	0.1	g	649, 650
fatty acids, total polyunsaturated	0	g	650
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	1.4	g	
sucrose	1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
starch, total	32.4	g	
protein, total	1	g	649, 650
alcohol	0	g	650
water	62.1	g	649, 650
organic acids, total	0	g	
cholesterol	0	mg	649, 650
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	649
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	649, 650
alpha-tocopherol	0	mg	
thiamin	0.07	mg	649, 650
riboflavin	0.03	mg	649, 650
niacin, preformed	0.68	mg	649, 650
niacin equivalents, total	0.89	mg	
niacin equivalents from tryptophan	0.21	mg	649, 650
vitamin B-6, total	0.09	mg	650
vitamin B-12	0	µg	649, 650
vitamin C	25.8	mg	649, 650
folate, total	23	µg	649, 650
ash	0.6	g	650
sodium	9.5	mg	649, 650
potassium	300	mg	649, 650
calcium	17	mg	649, 650
phosphorus	31	mg	649, 650
magnesium	21	mg	649, 650
iron, total	0.4	mg	649, 650
zinc	0.5	mg	649, 650

Legend

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

References

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).
650	Danish Food Composition Databank version 7.01, 2009, FoodExplorer