

Nutrition Facts

Yam

Serving size fl00g)

Amount Per Serving

Calories

120

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 28g **10%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.54mg **4%**

Potassium 0mg **0%**

Vitamin A 324mcg **4%**

Vitamin C 25.2mg **30%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.