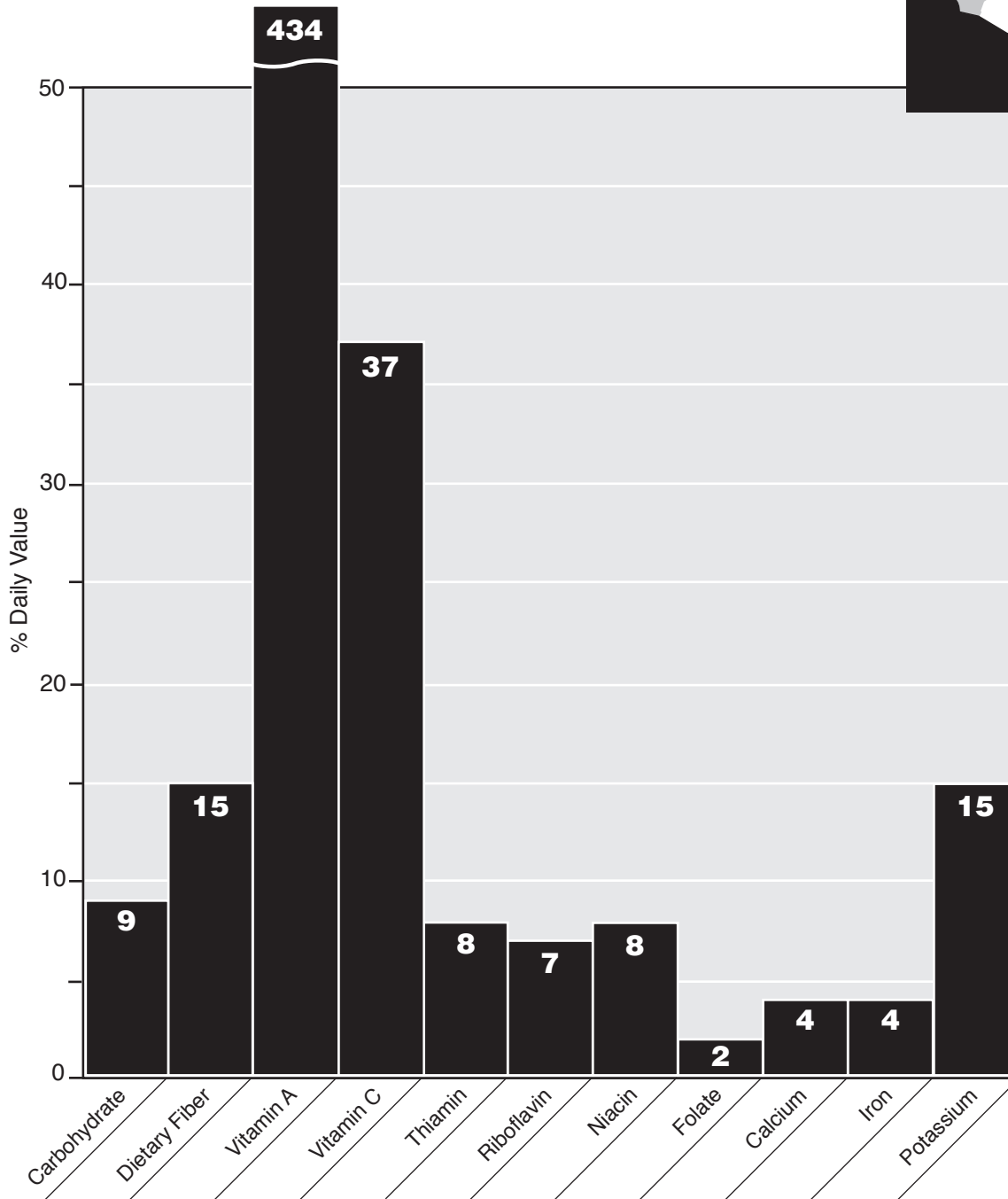


Sweet Potato

Convolvulaceae *Ipomoea batatas*
(analysis based on baked-in-skin sweet potato)



Serving Size

- 1 Medium Sweet Potato
- 113 Grams
- 102 Calories
 - 1% from fat
 - 6% from protein
 - 92% from carbohydrate
- 2 Grams Protein
- 23 Grams Carbohydrate
 - 4 grams dietary fiber
- 0.2 Gram Fat
- 86 Grams Water
- 41 Milligrams Sodium

Sweet potatoes are often incorrectly referred to as yams.

