

## NUTRITIVE VALUE OF ROOTS AND TUBERS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Minerals (g)	Carbohydrates (g)	Fibre (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Arrow root flour	334	16	0	0	0	83	-	10	20	1
Banana rhizome	51	85	0	0	1	12	1	25	10	1
Beet root	43	88	2	0	1	9	1	18	55	1
Carrot	48	86	1	0	1	11	1	80	530	1
Colocasia	97	73	3	0	2	21	1	40	140	0
Khamalu	79	80	1	0	1	18	0	16	31	0
Mango ginger	53	85	1	1	1	10	1	25	90	3
Onion big	50	87	1	0	0	11	1	47	50	1
Onion small	59	84	2	0	1	13	1	40	60	1
Parsnip	101	72	1	0	1	23	2	50	40	0
Radish pink	32	91	1	0	1	7	1	50	20	0
Radish rat-tailed	25	92	1	0	1	4	1	78	24	-
Radish table	16	95	0	0	1	3	1	20	20	1
Radish white	17	94	1	0	1	3	1	35	22	0
Sweet potato	120	68	1	0	1	28	1	46	50	0
Tapioca	157	59	1	0	1	38	1	50	40	1
Potato	97	75	2	0	1	23	0	10	40	0
Tapioca chips dried	338	12	1	0	2	83	2	91	70	4
Turnip	29	92	0	0	1	6	1	30	40	0
Yam, elephant	79	79	1	0	1	18	1	50	34	1
Yam, ordinary	111	70	1	0	2	26	1	35	20	1
Yam, wild	110	70	2	0	1	24	1	20	74	1

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.