

NUTRIENT ANALYSIS

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac	Vit C
		g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg
Cassava	1 each	652	155.28	1.14	0.3	5.55	57.12	65.28	1.1	4.08	0.35	0.2	3.48	84.05
Plantain	1 cup	148	47.2	0.55	0.21	1.92	5.92	4.44	0.89	82.88	0.08	0.08	1.02	27.23
Green banana	2 each	210.04	53.9	0.78	0.26	2.57	2.36	11.8	0.61	7.08	0.07	0.17	6.07	20.53
Malanga	1 cup	188	47	0.4	0.1	3	427							
Totals		1231.4	303.38	2.87	0.3	13.05	492.4	81.52	2.6	94.04	0.51	0.45	6.07	131.81
per serving		154	38	0.36	0.04	1.6	61.5	10.2	0.33	11.8	0.06	0.06	0.76	16.5
% of the DRI		8	13.8	0.5	0.6	0.5	2	1	16-37	9	42	29	34	27.5

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Zinc mg	Folic mg	Fiber g
1.39	110.16	7.34
0.21	32.56	3.4
0.35	47.2	6.14
		7.2
1.95	189.92	24.08
0.24	23.7	3
5	6	12