Sweet potato powder

Cat. No. EXTC-212

Lot. No. (See product label)

Introduction

Description

The sweet potato or kumara (Ipomoea batatas) is a dicotyledonous plant that belongs to the family Convolvulaceae. Its large, starchy, sweet-tasting, tuberous roots are a root vegetable. The young leaves and shoots are sometimes eaten as greens.

Applications

Sweet potatoes have certain health effects: First, there is the sweet potato anticancer effects. Second, sweet potato good for the heart. Third, the white sweet potato have anti-diabetic effects. Fourth, the sweet potato is an ideal diet food.

Product Information

Appearance

This product is white powder, with a fresh, sweet aroma realistic unique flavor.

Function

Sweet potato contains a variety of nutrients the body needs. Per 500 grams of sweet potato can produce heat about 635 kcal, 11.5 grams of protein, 14.5 g carbohydrate, 1 g fat, 100 mg of phosphorus, 90 mg of calcium, iron, 2 g, 0.5 milligrams of carotene, others contain vitamin B1, B2, C and nicotinic acid, linoleic acid. Vitamin B1, B2 of contents were 6 times and 3 times higher than rice. Especially the sweet potato is rich in lysine, while rice, flour precisely the lack of lysine.