



**Food ID:** D012

**Food name and Description:** Banana stem

**Scientific name:** *Musa x balbisiana*

**Alternate/Common name(s):** Ubod ng saging/Banana pith

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	94.8
Energy, calculated (kcal)	16
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	3
Ash, total (g)	1.3

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	0.3

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	21
Iron, Fe (mg)	0.3
Sodium, Na (mg)	32

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0