



Food ID: D013

Food name and Description: Banana heart, butuan

Scientific name: *Musa x balbisiana*

Alternate/Common name(s): Puso, saging, butuan

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.7
Energy, calculated (kcal)	39
Protein (g)	1.6
Total Fat (g)	0.4
Carbohydrate, total (g)	7.2
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.7
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	63
Phosphorus, P (mg)	42
Iron, Fe (mg)	0.9
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	300
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	0