



**Food ID:** D014

**Food name and Description:** Banana heart, butuan, boiled

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

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

**Edible portion:** 100%

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

Water (g)	95
Energy, calculated (kcal)	18
Protein (g)	0.9
Total Fat (g)	0.2
Carbohydrate, total (g)	3.2
Ash, total (g)	0.7

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

Fiber, total dietary (g)	2.7
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	38
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.2
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	145
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	1

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

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0