

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:24:42