



Food ID: E006

Food name and Description: Banana, bungulan

Scientific name: *Musa x paradisiaca*

Alternate/Common name(s): Saging, bungulan

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.3
Energy, calculated (kcal)	106
Protein (g)	1
Total Fat (g)	0.4
Carbohydrate, total (g)	24.5
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.8
Sugars, total (g)	13

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	44
Iron, Fe (mg)	0.5
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	60
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	20

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0