



**Food ID:** E007

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

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

**Alternate/Common name(s):** Saging, butuan

**Edible portion:** 57%

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

Water (g)	74.4
Energy, calculated (kcal)	101
Protein (g)	1.3
Total Fat (g)	0.3
Carbohydrate, total (g)	23.2
Ash, total (g)	0.8

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

Fiber, total dietary (g)	2.7
Sugars, total (g)	12.5

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

Calcium, Ca (mg)	21
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.7
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	21

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

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0