



**Food ID:** E008

**Food name and Description:** Banana, cavendish, ripe

**Scientific name:** *Musa x paradisiaca*

**Alternate/Common name(s):** Saging, cavendish, hinog

**Edible portion:** 64%

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

Water (g)	74.4
Energy, calculated (kcal)	104
Protein (g)	0.9
Total Fat (g)	0.9
Carbohydrate, total (g)	23.1
Ash, total (g)	0.7

## **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)	139
Phosphorus, P (mg)	20
Iron, Fe (mg)	0.8
Sodium, Na (mg)	13

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	75
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	10

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

Fatty acids, saturated, total (g)	0.31
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0