



Food ID: E010

Food name and Description: Banana, gloria

Scientific name: *Musa x paradisiaca*

Alternate/Common name(s): Saging, gloria

Edible portion: 62%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.3
Energy, calculated (kcal)	132
Protein (g)	1.1
Total Fat (g)	0.1
Carbohydrate, total (g)	31.7
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	16.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	15
Phosphorus, P (mg)	19
Iron, Fe (mg)	0.9
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	370
Retinol Activity Equivalent, RAE (µg)	31
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	16

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0