



**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    |