



**Food ID:** E012

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

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

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

**Edible portion:** 73%

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

Water (g)	73.4
Energy, calculated (kcal)	105
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	24.4
Ash, total (g)	0.7

## **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)	17
Phosphorus, P (mg)	34
Iron, Fe (mg)	0.7
Sodium, Na (mg)	3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
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