



Food ID: E013

Food name and Description: Banana, murado

Scientific name: *Musa x paradisiaca*

Alternate/Common name(s): Saging, murado

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.1
Energy, calculated (kcal)	107
Protein (g)	1.2
Total Fat (g)	0.5
Carbohydrate, total (g)	24.5
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.8
Sugars, total (g)	13.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	19
Phosphorus, P (mg)	21
Iron, Fe (mg)	0.7
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	285
Retinol Activity Equivalent, RAE (µg)	24
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.17
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0