



**Food ID:** E014

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

**Scientific name:** *Musa x balbisiana*

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

**Edible portion:** 57%

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

Water (g)	72.2
Energy, calculated (kcal)	110
Protein (g)	1.1
Total Fat (g)	0.4
Carbohydrate, total (g)	25.5
Ash, total (g)	0.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	13.6

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

Calcium, Ca (mg)	23
Phosphorus, P (mg)	36
Iron, Fe (mg)	0.9
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	190
Retinol Activity Equivalent, RAE (µg)	16
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	32

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

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0