



Food ID: E016

Food name and Description: Banana, ternate

Scientific name: *Musa x paradisiaca*

Alternate/Common name(s): Saging, ternate

Edible portion: 64%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.2
Energy, calculated (kcal)	134
Protein (g)	0.9
Total Fat (g)	0.4
Carbohydrate, total (g)	31.6
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	16.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.7
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	325
Retinol Activity Equivalent, RAE (µg)	27
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	15

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