



Food ID: E017

Food name and Description: Banana, tuldok

Scientific name: *Musa x paradisiaca*

Alternate/Common name(s): Saging, tuldok/tindok/tandok

Edible portion: 76%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.8
Energy, calculated (kcal)	99
Protein (g)	1.1
Total Fat (g)	0.2
Carbohydrate, total (g)	23.3
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	12.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	28
Iron, Fe (mg)	1.6
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1370
Retinol Activity Equivalent, RAE (µg)	114
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	26

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0