



**Food ID:** E096

**Food name and Description:** Banana chips, salted

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	2.6
Energy, calculated (kcal)	585
Protein (g)	1.8
Total Fat (g)	41.2
Carbohydrate, total (g)	51.8
Ash, total (g)	2.6

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

Fiber, total dietary (g)	7.8
Sugars, total (g)	36

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

Calcium, Ca (mg)	16
Phosphorus, P (mg)	54
Iron, Fe (mg)	1.3
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	55
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	35.52
Fatty acids, monounsaturated, total (g)	2.39
Fatty acids, polyunsaturated, total(g)	0.77
Cholesterol (mg)	0