

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: E097 Food name and Description: Banana chips, sweetn Scientific name: Alternate/Common name(s): Edible portion: 100%

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

Water (g)	0.7
Energy, calculated (kcal)	568
Protein (g)	1.5
Total Fat (g)	35.1
Carbohydrate, total (g)	61.6
Ash, total (g)	1.1

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

Fiber, total dietary (g)	8
Sugars, total (g)	36.7

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	177
Phosphorus, P (mg)	61
Iron, Fe (mg)	1
Sodium, Na (mg)	6

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

Retinol, Vitamin A (μg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	30.26
Fatty acids, monounsaturated, total (g)	2.04
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:06:00