



Food ID: E099

Food name and Description: Banana fritter

Scientific name:

Alternate/Common name(s): Maruya, saging

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	44
Energy, calculated (kcal)	240
Protein (g)	3
Total Fat (g)	3.9
Carbohydrate, total (g)	48.1
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.2
Sugars, total (g)	25

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	64
Iron, Fe (mg)	0.7
Sodium, Na (mg)	190

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	150
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.3
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0