



Food ID: E100

Food name and Description: Banana, saba, mashed, w/ sugar & marg

Scientific name:

Alternate/Common name(s): Linupak, saging saba

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	52.6
Energy, calculated (kcal)	204
Protein (g)	1.4
Total Fat (g)	3.6
Carbohydrate, total (g)	41.4
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	32

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	24
Phosphorus, P (mg)	51
Iron, Fe (mg)	0.6
Sodium, Na (mg)	140

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	280
Retinol Activity Equivalent, RAE (µg)	23
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	18

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.68
Fatty acids, monounsaturated, total (g)	1.68
Fatty acids, polyunsaturated, total(g)	1.11
Cholesterol (mg)	0