



Food ID: E101

Food name and Description: Banana, saba, w/ sugar, fried

Scientific name:

Alternate/Common name(s): Banana cue

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	56.6
Energy, calculated (kcal)	183
Protein (g)	2
Total Fat (g)	2.6
Carbohydrate, total (g)	37.8
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	36.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	191
Phosphorus, P (mg)	27
Iron, Fe (mg)	1.6
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	405
Retinol Activity Equivalent, RAE (µg)	34
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.21
Fatty acids, monounsaturated, total (g)	0.15
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0