



Food ID: E102

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

Scientific name:

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	42.2
Energy, calculated (kcal)	259
Protein (g)	2.4
Total Fat (g)	6.4
Carbohydrate, total (g)	48
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	28.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	44
Iron, Fe (mg)	1.5
Sodium, Na (mg)	89

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)	0.09
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.41
Fatty acids, monounsaturated, total (g)	0.38
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	0