



**Food ID:** N004

**Food name and Description:** Catsup, banana

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	42.1
Energy, calculated (kcal)	221
Protein (g)	0.7
Total Fat (g)	0.2
Carbohydrate, total (g)	54
Ash, total (g)	3

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	39.1

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	33
Phosphorus, P (mg)	14
Iron, Fe (mg)	1.6
Sodium, Na (mg)	1668

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	2

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0