



**Food ID:** N016

**Food name and Description:** Banana, flowers, dried

**Scientific name:**

**Alternate/Common name(s):** Saging bulaklak, tuyo

**Edible portion:** 98%

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

Water (g)	14.9
Energy, calculated (kcal)	329
Protein (g)	9.6
Total Fat (g)	1.3
Carbohydrate, total (g)	69.6
Ash, total (g)	4.6

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	288
Phosphorus, P (mg)	214
Iron, Fe (mg)	27
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	120
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

## **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