

Basic Report 09277, Plantains, yellow, raw

Report Date: September 17, 2019 06:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 plantain 270g	1 cup, sliced 148g
Proximates				
Water	g	65.20	176.04	96.50
Energy	kcal	122	329	181
Protein	g	1.30	3.51	1.92
Total lipid (fat)	g	0.35	0.94	0.52
Carbohydrate, by difference	g	31.89	86.10	47.20
Fiber, total dietary	g	1.7	4.6	2.5
Sugars, total	g	17.51	47.28	25.91
Minerals				
Calcium, Ca	mg	3	8	4
Iron, Fe	mg	0.55	1.49	0.81
Magnesium, Mg	mg	36	97	53
Phosphorus, P	mg	32	86	47
Potassium, K	mg	487	1315	721
Sodium, Na	mg	4	11	6
Zinc, Zn	mg	0.19	0.51	0.28
Vitamins				
Vitamin C, total ascorbic acid	mg	18.4	49.7	27.2
Thiamin	mg	0.062	0.167	0.092
Riboflavin	mg	0.076	0.205	0.112
Niacin	mg	0.672	1.814	0.995
Vitamin B-6	mg	0.242	0.653	0.358
Folate, DFE	µg	22	59	33
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	56	151	83
Vitamin A, IU	IU	1127	3043	1668
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	28.8	77.8	42.6
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0