

Saba Banana

Cooking bananas are categorically known as *balbisiana* cultivars and have many species under this type including Cardaba, Abutan, and saba among others. In the Philippines, the most common cultivar is the saba since it already has commercial importance throughout the country.

Native to Southeast Asia and the Philippines, the saba has become a staple in the Filipino diet.

The tree of the saba banana has a large and tall stem, with a height of four meters. Its bunches contain eight to 16 hands (or clusters) which have 12 to 20 fingers (bananas) each.

Saba bananas are short, stubby, and highly angular. Its skin is thick and green, which turns yellow when ripe. These are primarily composed of starchy carbohydrates that contribute no fat or cholesterol to the consumer, making it a healthy snacking option. It also contains a rich blend of nutrients and vitamins, including B vitamins, dietary fiber, vitamin C, vitamin A, and iron.

