



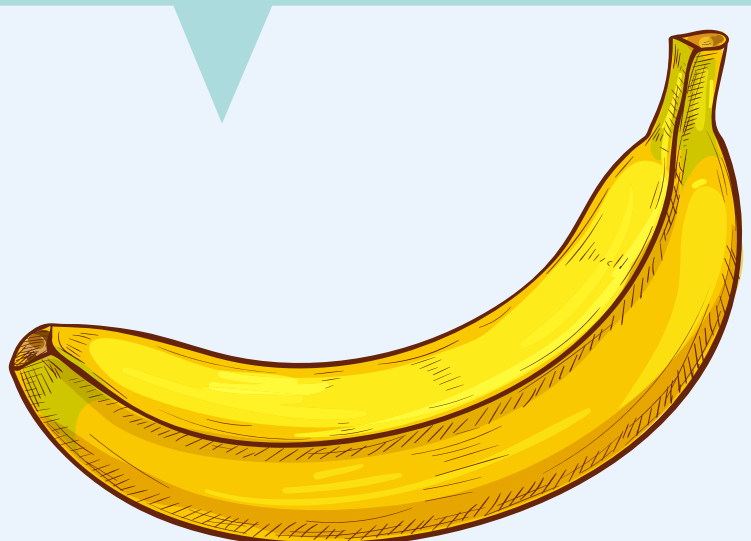
BANANA NUTRITION FACTS



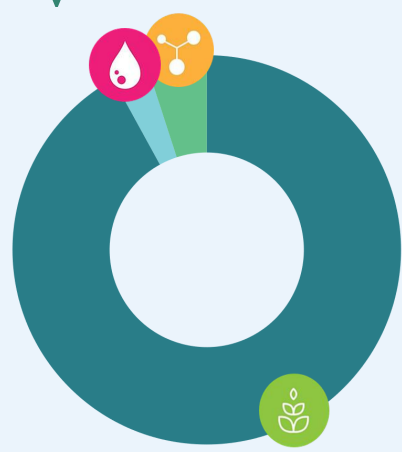
CALORIES 89/100GM

	AMOUNT
CARBOHYDRATE	22.84 G
FAT	0.33 G
PROTEIN	1.09 G
CHOLESTEROL	0.00
FIBER	2.6 G
RIBOFLAVIN	0.073 MG
SODIUM, NA	1.00 MG
THIAMIN	0.031 MG

	AMOUNT
NIACIN	0.665 MG
VITAMIN A	3.00 MCG
VITAMIN B12	0.00
VITAMIN B6	0.367 MG
VITAMIN C	8.7 MG
VITAMIN D	0.00
FOLATE	20 MCG

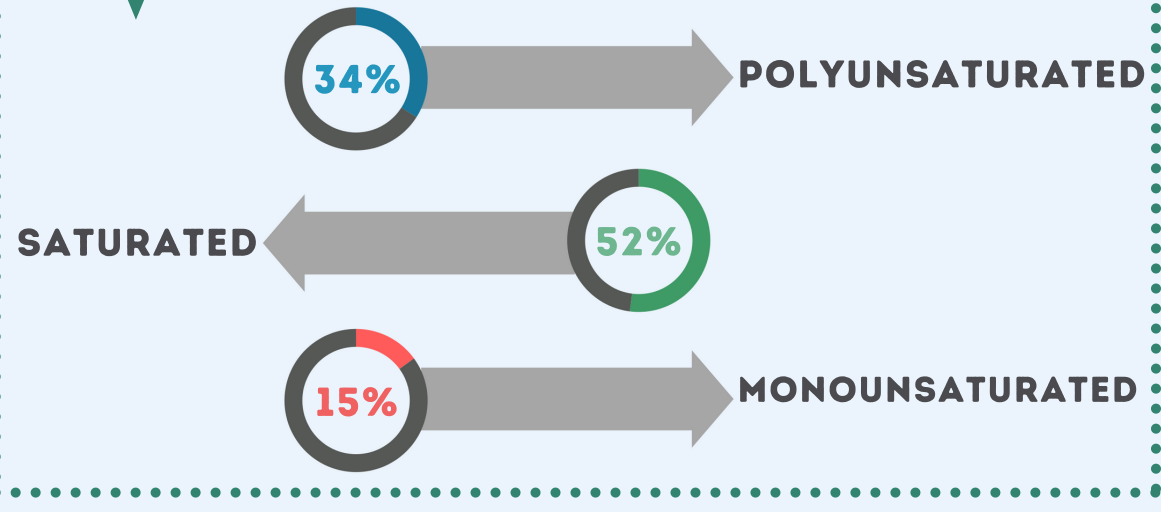


CALORIES BY SOURCE



- CARBOHYDRATE 92%
- FAT 3%
- PROTEIN 5%

FATS AND FATTY ACIDS



BANANA OTHER NAMES

MUSA

MINERALS IN BANANA

5 MG	CALCIUM, CA	0 % (DV)
0.078 MG	COPPER, CU	9 % (DV)
0.26 MG	IRON, FE	1 % (DV)
27 MG	MAGNESIUM, MG	7 % (DV)
1.0 MCG	SELENIUM, SE	2 % (DV)
22 MG	PHOSPHORUS, P	3 % (DV)
358 MG	POTASSIUM, K	8 % (DV)
0.15 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.