



# PLANTAIN NUTRITION FACTS

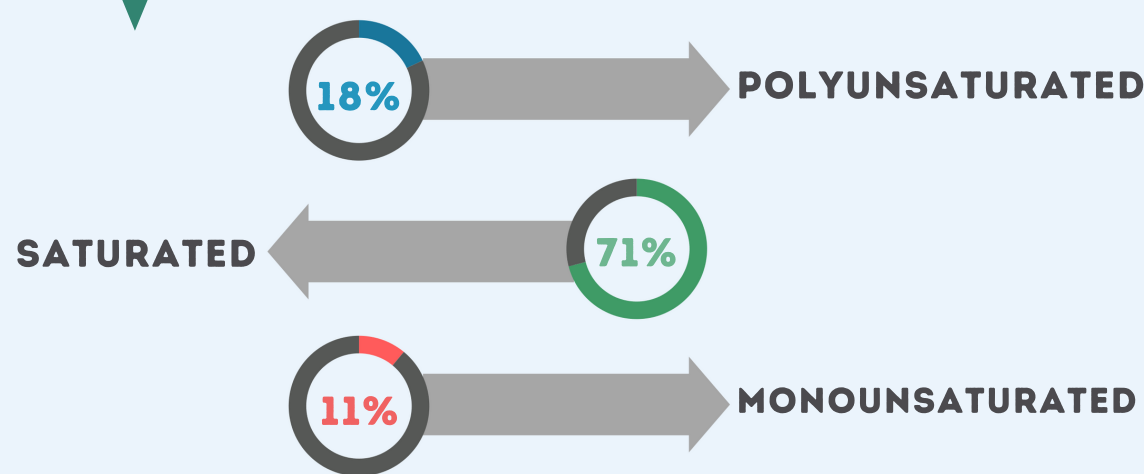


## CALORIES 152/100GM

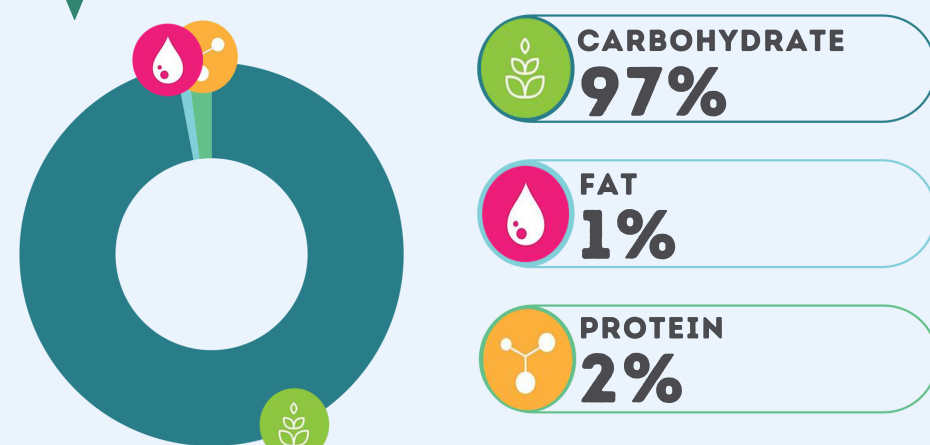
|              | AMOUNT   |             | AMOUNT   |
|--------------|----------|-------------|----------|
| CARBOHYDRATE | 36.66 G  | NIACIN      | 0.550 MG |
| FAT          | 0.12 G   | VITAMIN A   | 150 MCG  |
| PROTEIN      | 1.25 G   | VITAMIN B12 | 0.00     |
| CHOLESTEROL  | 0.00     | VITAMIN B6  | 0.070 MG |
| FIBER        | 2.2 G    | VITAMIN C   | 20.2 MG  |
| RIBOFLAVIN   | 0.100 MG | VITAMIN D   | 0.00     |
| SODIUM, NA   | 2 MG     | FOLATE      | 28 MCG   |
| THIAMIN      | 0.100 MG |             |          |



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### PLANTAIN OTHER NAMES

MUSA PARADISIACA  
BROADLEAF PLANTAIN  
GREEN BANANAS

### MINERALS IN PLANTAIN

|          |               |           |
|----------|---------------|-----------|
| 2 MG     | CALCIUM, CA   | 0 % (DV)  |
| 0.116 MG | COPPER, CU    | 13 % (DV) |
| 0.75 MG  | IRON, FE      | 4 % (DV)  |
| 41 MG    | MAGNESIUM, MG | 10 % (DV) |
| 0.109 MG | MANGANESE, MN | 5 % (DV)  |
| 31 MG    | PHOSPHORUS, P | 4 % (DV)  |
| 431 MG   | POTASSIUM, K  | 9 % (DV)  |
| 0.18 MG  | ZINC, ZN      | 2 % (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.