

## Bananas

### Serving Size

████████████████████

grams

Amount Per Serving

**Calories** **130**

████████████████████ % Daily Value \*

**Total Fat** 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Total Carbohydrate** 34 g 12%

Dietary Fiber 4 g 14%

Total Sugars 18 g

Includes 0 g Added Sugars 0%

**Protein** 2 g

████████████████████  
Vitamin D 0 mcg 0%

Calcium 8 mg 0%

Iron 0.39 mg 2%

Potassium 540 mg 10%

████████████████████

\*The % Daily Value (DV) tells you how much

a nutrient in a serving of food contributes to a

daily diet. 2,000 calories a day is used for

general nutrition advice.

**Allergens:**

**Ingredients:**

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