

Bananas

Serving Size

1 medium banana (118 g)

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: