

Plantains
Serving Size

1 Plantain (100g) **375**

Amount Per Serving

Calories **180**

	% Daily Value *
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 47 g	17%
Dietary Fiber 3 g	12%
Total Sugars 22 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 4 mg	0%
Iron 0.89 mg	4%
Potassium 740 mg	15%

*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: