

Banana

Nutrition Facts

Serving Size: Each

Amount Per Serving

Calories: 105

Calories from Fat: 4

Total Fat:	.4g
Saturated Fat:	.1g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	1mg
Total Carbohydrate:	27.0g
Dietary Fiber:	3.1g
Protein:	1.3g

Vitamin A: 76RE

Vitamin C: 10.3mg

Calcium: 5.9mg

Iron: .3mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

BANANAS,RAW (mfg label): BANANA [903445]

