

Green Plantain Powder

Natural, Single Ingredient, non-alkalized

Revised
11/2022

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 122

% Daily Value *

Total Fat 0.37g	0%
Saturated Fat 0.143g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 31.89g	12%
Dietary Fiber 2.3g	8%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1.3g	3%
Vitamin C 1.9mg	2%
Calcium 43mg	3%
Iron 0.67mg	4%
Potassium 799mg	17%

* 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.

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