

Ripe Banana Slices Freeze Dried

Natural, Single Ingredient, non-alkalized

Revised
12/2023

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories

503

% Daily Value *

Total Fat 3.2g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0.24mg	0%
Total Carbohydrate 81.3g	30%
Dietary Fiber 20g	71%
Total Sugars 67.52g	
Includes 0g Added Sugars	0%
Protein 5.63g	11%
Vitamin D 0mg	0%
Calcium 46mg	4%
Iron 1.28mg	7%
Potassium 1296mg	28%
Vitamin A 26mg	1%
Vitamin C 14mg	16%
Folate 30mg	8%
Phosphorus 156mg	12%
Magnesium 226mg	54%
Zinc 2mg	18%
Manganese 2mg	87%
Choline 42mg	8%

* The % Daily Value 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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