

Basic Report 09040, Bananas, raw
Report Date: September 22, 2019 22:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 225g	1 cup, sliced 150g	1 extra small (less than 6" long) 81g	1 small (6" to 6-7/8" long) 101g	1 medium (7" to 7-7/8" long) 118g	1 large (8" to 8-7/8" long) 136g	1 extra large (9" or longer) 152g	1 NLEA serving 126g
Proximates										
Water	g	74.91	168.55	112.36	60.68	75.66	88.39	101.88	113.86	94.39
Energy	kcal	89	200	134	72	90	105	121	135	112
Protein	g	1.09	2.45	1.64	0.88	1.10	1.29	1.48	1.66	1.37
Total lipid (fat)	g	0.33	0.74	0.49	0.27	0.33	0.39	0.45	0.50	0.42
Carbohydrate, by difference	g	22.84	51.39	34.26	18.50	23.07	26.95	31.06	34.72	28.78
Fiber, total dietary	g	2.6	5.8	3.9	2.1	2.6	3.1	3.5	4.0	3.3
Sugars, total	g	12.23	27.52	18.34	9.91	12.35	14.43	16.63	18.59	15.41
Minerals										
Calcium, Ca	mg	5	11	8	4	5	6	7	8	6
Iron, Fe	mg	0.26	0.58	0.39	0.21	0.26	0.31	0.35	0.40	0.33
Magnesium, Mg	mg	27	61	40	22	27	32	37	41	34
Phosphorus, P	mg	22	50	33	18	22	26	30	33	28
Potassium, K	mg	358	806	537	290	362	422	487	544	451
Sodium, Na	mg	1	2	2	1	1	1	1	2	1
Zinc, Zn	mg	0.15	0.34	0.23	0.12	0.15	0.18	0.20	0.23	0.19
Vitamins										
Vitamin C, total ascorbic acid	mg	8.7	19.6	13.1	7.0	8.8	10.3	11.8	13.2	11.0
Thiamin	mg	0.031	0.070	0.047	0.025	0.031	0.037	0.042	0.047	0.039
Riboflavin	mg	0.073	0.164	0.109	0.059	0.074	0.086	0.099	0.111	0.092
Niacin	mg	0.665	1.496	0.998	0.539	0.672	0.785	0.904	1.011	0.838
Vitamin B-6	mg	0.367	0.826	0.550	0.297	0.371	0.433	0.499	0.558	0.462
Folate, DFE	µg	20	45	30	16	20	24	27	30	25
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	7	4	2	3	4	4	5	4
Vitamin A, IU	IU	64	144	96	52	65	76	87	97	81
Vitamin E (alpha-tocopherol)	mg	0.10	0.23	0.15	0.08	0.10	0.12	0.14	0.15	0.13

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.5	1.1	0.8	0.4	0.5	0.6	0.7	0.8	0.6
Lipids										
Fatty acids, total saturated	g	0.112	0.252	0.168	0.091	0.113	0.132	0.152	0.170	0.141
Fatty acids, total monounsaturated	g	0.032	0.072	0.048	0.026	0.032	0.038	0.044	0.049	0.040
Fatty acids, total polyunsaturated	g	0.073	0.164	0.109	0.059	0.074	0.086	0.099	0.111	0.092
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0
Amino Acids										
Other										
Caffeine	mg	0	0	0	0	0	0	0	0	0