

Basic Report 09041, Bananas, dehydrated, or banana powder

Report Date: July 21, 2019 16:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 100g	1 tbsp 6.2g
Proximates				
Water	g	3.00	3.00	0.19
Energy	kcal	346	346	21
Protein	g	3.89	3.89	0.24
Total lipid (fat)	g	1.81	1.81	0.11
Carbohydrate, by difference	g	88.28	88.28	5.47
Fiber, total dietary	g	9.9	9.9	0.6
Sugars, total	g	47.30	47.30	2.93
Minerals				
Calcium, Ca	mg	22	22	1
Iron, Fe	mg	1.15	1.15	0.07
Magnesium, Mg	mg	108	108	7
Phosphorus, P	mg	74	74	5
Potassium, K	mg	1491	1491	92
Sodium, Na	mg	3	3	0
Zinc, Zn	mg	0.61	0.61	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	7.0	7.0	0.4
Thiamin	mg	0.180	0.180	0.011
Riboflavin	mg	0.240	0.240	0.015
Niacin	mg	2.800	2.800	0.174
Vitamin B-6	mg	0.440	0.440	0.027
Folate, DFE	µg	14	14	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	12	12	1
Vitamin A, IU	IU	248	248	15
Vitamin E (alpha-tocopherol)	mg	0.39	0.39	0.02

Nutrient	Unit	1 Value Per100 g	1 cup 100g	1 tbsp 6.2g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.0	2.0	0.1
Lipids				
Fatty acids, total saturated	g	0.698	0.698	0.043
Fatty acids, total monounsaturated	g	0.153	0.153	0.009
Fatty acids, total polyunsaturated	g	0.337	0.337	0.021
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0