

BANANA

INGREDIENTS

Nutrients

Net Carbs - 24 gm, Fiber - 3.1 gm
Calories - 89g/100gm

Minerals

Potassium, Calcium, Magnesium, Manganese
Iron, Folate, Niacin, Riboflavin, B6

Vitamins

Vitamin B6 and B12

Protein

1.1g/100gm

Fats

0.3g/100gm

