

Nutrition Facts

Serving size 1 sliced banana

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 1g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 42g **15%**

Dietary Fiber 3g **11%**

Total Sugars 28g

Includes 9g Added Sugars **18%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 0mg **0%**

Potassium 496mg **10%**

*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.