

Bananas, raw

<https://nutritiondata.self.com/facts/fruits-and-fruit-juices/1846/2>

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Serving size: 100 grams

FOOD SUMMARY

Nutrition facts label for Bananas, raw

This feature requires Flash player to be installed in your browser. [Download](#) the player here.

[Download Printable Label Image](#)

Nutritional Target Map [What is this?](#)

Nutritional Target Map for Bananas, raw

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2.5	
2.8	
Fullness Factor	ND Rating

NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin C, Potassium and Manganese, and a very good source of Vitamin B6.

The bad: A large portion of the calories in this food come from sugars.

Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Bananas, raw

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93%	3%	4%
Carbs	Fats	Protein

Estimated Glycemic Load

8

0 250

Typical target total is 100/day or less

[What is this?](#)

NUTRIENT BALANCE

Nutrient Balance Indicator for Bananas, raw

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42
Completeness Score

[What is this?](#)

PROTEIN QUALITY

Protein Quality for Bananas, raw

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62
Amino Acid Score

[What is this?](#)

Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving %DV

Protein & Amino Acids

Amounts Per Selected Serving %DV

Calorie Information

Amounts Per Selected Serving		%DV
Calories	89.0 (373 kJ)	4%
From Carbohydrate	82.6 (346 kJ)	
From Fat	2.8 (11.7 kJ)	
From Protein	3.7 (15.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	22.8 g	8%
Dietary Fiber	2.6 g	10%
Starch	5.4 g	
Sugars	12.2 g	

[More details ▾](#)**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	1%
Saturated Fat	0.1 g	1%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	27.0 mg	
Total Omega-6 fatty acids	46.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▾](#)**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	1.1 g	2%

[More details ▾](#)**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	64.0 IU	1%
Vitamin C	8.7 mg	15%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	0.5 mcg	1%
Thiamin	0.0 mg	2%
Riboflavin	0.1 mg	4%
Niacin	0.7 mg	3%
Vitamin B6	0.4 mg	18%
Folate	20.0 mcg	5%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	9.8 mg	
Betaine	0.1 mg	

[More details ▾](#)**Minerals**

Amounts Per Selected Serving		%DV
Calcium	5.0 mg	1%
Iron	0.3 mg	1%
Magnesium	27.0 mg	7%
Phosphorus	22.0 mg	2%
Potassium	358 mg	10%
Sodium	1.0 mg	0%
Zinc	0.2 mg	1%
Copper	0.1 mg	4%
Manganese	0.3 mg	13%
Selenium	1.0 mcg	1%
Fluoride	2.2 mcg	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	16.0 mg	

[More details ▾](#)**Other**

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	74.9 g	
Ash	0.8 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	