



# Nutritional Fact Sheet

## Banana Slices

**Ingredients:** Freeze Dried Banana Slices.

**Description & Directions:** Unsweetened Banana Slices are ready to eat. 1 pound of freeze dried banana replaces 7 pounds of fresh.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>12g (app. 1/4 cup)</b>
Energy (Calories)	333.88	40.0656
Total Fat	1.41g	0.1692g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	2.38mg	0.2856mg
Total Carbohydrates	87.19g	10.4628g
Dietary Fiber	10.93g	1.3116g
Sugars	68.78g	8.2536g
Protein	4.09g	0.4908g
Vitamin A (IU)	206.57	24.7884
Thaimin-B1	0.12mg	0.0144mg
Riboflavin	0.26mg	0.0312mg
Niacin	2.52mg	0.3024mg
Vitamin B-6	1.4mg	0.168mg
Vitamin C	32.35mg	3.882mg
Calcium	19.78mg	2.3736mg
Iron	0.83mg	0.0996mg
Phosphorus	72.32mg	8.6784mg
Potassium	1329.2mg	159.504mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

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