



# 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.

Nutrient	Per 100 Grams Dry
Calories	340.53 kcal
Protein	4.17 g
Total Carbohydrate	87.39 g
Sugars	46.79 g
Added Sugars	0.00 g
Dietary Fiber	9.95 g
Total Fat	1.26 g
Saturated Fat	0.43 g
Cholesterol	0.00 mg
Thiamin – B1	0.12 mg
Riboflavin – B2	0.28 mg
Niacin – B3	2.54 mg
Vitamin B6	1.40 mg
Vitamin C	33.29 mg
Vitamin D	0.00 mcg
Calcium	19.13 mg
Iron	0.99 mg
Phosphorus	84.18 mg
Potassium	1369.79 mg
Sodium	3.83 mg
Trans Fat	0.00 g