



# 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	40.07
Total Fat	1.41g	0.17g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	2.38mg	0.29mg
Total Carbohydrates	87.19g	10.46g
Dietary Fiber	10.93g	1.31g
Sugars	68.78g	8.25g
Protein	4.09g	0.49g
Vitamin A (IU)	206.57	24.79
Thaimin-B1	0.12mg	0.01mg
Riboflavin	0.26mg	0.03mg
Niacin	2.52mg	0.30mg
Vitamin B-6	1.40mg	0.17mg
Vitamin C	32.35mg	3.88mg
Calcium	19.78mg	2.37mg
Iron	0.83mg	0.10mg
Phosphorus	72.32mg	8.68mg
Potassium	1329.20mg	159.50mg

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