



3.9



Bananas are more than just tasty - they`re full of vitamins and nutrients. Students love to grab these while they`re on the go to get some tasty, convenient nutrition.

Banana (small less than 6`` long)

Serving Size 1 each **Carbs: 19.00**

Served on Fri, 04/24/2026

Nutrients

| | |
|--------------------|-------|
| Saturated Fat (gm) | 0.11 |
| Carbohydrate (gm) | 19.00 |
| Protein (gm) | 1.10 |
| Fiber (gm) | 2.10 |
| Sodium (mg) | 1.00 |
| Iron (mg) | 0.26 |
| Calcium (mg) | 5.05 |
| Vitamin C (mg) | 8.79 |
| Vitamin A (IU) | 65.00 |
| Cholesterol (mg) | 0.00 |
| Calories (kcal) | 72.00 |



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