



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 Wed, 08/16/2023

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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