

## Banana

Serving Size 1 Medium (118.0 g)

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### Amount Per Serving

**Calories** 105

% Daily Value\*

**Total Fat** 0.0g 0%

**Sodium** 1mg 0%

**Total Carbohydrates** 27.0g 9%

Dietary Fiber 3.0g 12%

Sugars 14.0g

**Protein** 1.0g

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Vitamin A 2% • Vitamin C 17%

Calcium 1% • Iron 2%

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