

Plantain

Serving Size 1 Medium Raw (179.0 g)

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 0.5g	1%
Sodium 5mg	0%
Total Carbohydrates 57.0g	19%
Dietary Fiber 4.0g	16%
Sugars 27.0g	

Protein 2.0g

Vitamin A 40%	•	Vitamin C 50%
Calcium 0%	•	Iron 6%
