

Bananas, raw

NDB No: 09040 (Nutrient values and weights are for edible portion)

Scientific Name: *Musa acuminata Colla*

Refuse: 36% (Skin)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	74.91	20	0.286
Energy	kcal	89	0	0
Energy	kJ	371	0	0
Protein	g	1.09	12	0.022
Total lipid (fat)	g	0.33	19	0.067
Ash	g	0.82	12	0.03
Carbohydrate, by difference	g	22.84	0	0
Fiber, total dietary	g	2.6	13	0.129
Sugars, total	g	12.23	8	1.034
Sucrose	g	2.39	8	0.546
Glucose (dextrose)	g	4.98	8	0.806
Fructose	g	4.85	8	0.658
Lactose	g	0.00	8	0
Maltose	g	0.01	8	0.014
Galactose	g	0.00	8	0
Starch	g	5.38	8	0.564
Minerals				
Calcium, Ca	mg	5	45	0.047
Iron, Fe	mg	0.26	42	0.001
Magnesium, Mg	mg	27	45	0.475
Phosphorus, P	mg	22	45	0.171
Potassium, K	mg	358	45	1.911
Sodium, Na	mg	1	45	0.395
Zinc, Zn	mg	0.15	45	0.001
Copper, Cu	mg	0.078	45	0.011
Manganese, Mn	mg	0.270	45	0.007
Fluoride, F	mcg	2.2	1	0
Selenium, Se	mcg	1.0	31	0.289

Vitamins				
Vitamin C, total ascorbic acid	mg	8.7	8	0.434
Thiamin	mg	0.031	12	0.006
Riboflavin	mg	0.073	12	0.008
Niacin	mg	0.665	12	0.002
Pantothenic acid	mg	0.334	12	0.01
Vitamin B-6	mg	0.367	12	0.01
Folate, total	mcg	20	11	0.472
Folic acid	mcg	0	0	0
Folate, food	mcg	20	11	0.472
Folate, DFE	mcg_DFE	20	0	0
Choline, total	mg	9.8	0	0
Betaine	mg	0.1	1	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	64	0	0
Vitamin A, RAE	mcg_RAE	3	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	15	0.054
Vitamin E, added	mg	0.00	0	0
Tocopherol, beta	mg	0.00	15	0
Tocopherol, gamma	mg	0.02	15	0.015
Tocopherol, delta	mg	0.01	15	0.01
Vitamin K (phylloquinone)	mcg	0.5	6	0.075
Lipids				
Fatty acids, total saturated	g	0.112	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.001	4	0
12:0	g	0.002	4	0
14:0	g	0.002	4	0
16:0	g	0.102	5	0
18:0	g	0.005	5	0
Fatty acids, total monounsaturated	g	0.032	0	0
16:1 undifferentiated	g	0.010	5	0
18:1 undifferentiated	g	0.022	5	0

20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.073	0	0
18:2 undifferentiated	g	0.046	5	0
18:3 undifferentiated	g	0.027	5	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Phytosterols	mg	16	0	0
Amino acids				
Tryptophan	g	0.009	0	0
Threonine	g	0.028	0	0
Isoleucine	g	0.028	0	0
Leucine	g	0.068	0	0
Lysine	g	0.050	0	0
Methionine	g	0.008	0	0
Cystine	g	0.009	0	0
Phenylalanine	g	0.049	0	0
Tyrosine	g	0.009	0	0
Valine	g	0.047	0	0
Arginine	g	0.049	0	0
Histidine	g	0.077	0	0
Alanine	g	0.040	0	0
Aspartic acid	g	0.124	0	0
Glutamic acid	g	0.152	0	0
Glycine	g	0.038	0	0
Proline	g	0.028	0	0
Serine	g	0.040	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	26	10	2.167
Carotene, alpha	mcg	25	8	4.438

Cryptoxanthin, beta	mcg	0	6	0
Lycopene	mcg	0	6	0
Lutein + zeaxanthin	mcg	22	6	2.52

USDA National Nutrient Database for Standard Reference, Release 20 (2007)