



NUTRITIONAL
Banana Puree

Nutrients	Amount per 100 gms
Calories	90
Proteins (gms)	1
Carbohydrates (gms)	21
Moisture	75 – 79%
Fat	0
Cholesterol	0
Vitamin A (IU)	49
Vitamin C (mgs)	36
Sodium (mgs)	3
Calcium (mgs)	6.9
Potassium (mgs)	349
Iron (mgs)	0.5

For information purposes only.
The Tides Commodity Trading Group cannot guarantee the specific accuracy of the data herein.