



# Banana, dried

FOOD.BRAND

FOOD.CATEGORY

Banana, dried

## Nutrients

<b>CALORIES</b>	273 kcal (per 100g)
<b>PROTEIN</b>	3.0g (per 100g)
<b>FAT</b>	1.0g (per 100g)
<b>CARBOHYDRATES</b>	60.2g (per 100g)
<b>FIBER</b>	10.0g (per 100g)

David Janitzek Diets  
 Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
 VAT ID: DE453108867

Contact:  
 Email: support@dietspremium.com  
 Tel.: +49 1520 744 5675

Web:  
 dietspremium.com

Bank Details  
 Bank: Deutsche Bank  
 IBAN: DE26 7207 0024 0064 1910 00  
 SWIFT (BIC): DEUTDEDB720 1 g



<b>FATTY SATURATED</b>	0.4 g
<b>FATTY MONOUNSATURATED</b>	0.1 g
<b>FATTY POLYUNSATURATED</b>	0.2 g
<b>CARBOHYDRATE</b>	60.2 g
<b>SUGAR</b>	43.7 g
<b>PROTEIN</b>	3 g
<b>WATER</b>	28 g
<b>VITAMIN ARE</b>	17 µg
<b>VITAMIN A</b>	8 µg
<b>CAROTENE BETA</b>	100 mg
<b>VITAMIN B1 (THIAMIN)</b>	0.1 mg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.18 mg
<b>VITAMIN B6 (PYRIDOXINE)</b>	0.81 mg
<b>VITAMIN B3 (NIACIN)</b>	2 mg
<b>VITAMIN B9 (FOLATE)</b>	33.3 µg
<b>VITAMIN B5 (PANTOTHENIC ACID)</b>	0.54 mg
<b>VITAMIN C (ASCORBIC ACID)</b>	4 mg
<b>VITAMIN K</b>	1150 µg
<b>NATRON</b>	8 g
<b>CHLORINE</b>	300 mg
<b>CALCIUM</b>	20 mg
<b>MAGNESIUM</b>	90 mg
<b>PHOSPHORUS</b>	75 mg

David Janitzek Diets  
 Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
 VAT ID: DE453108867

Contact:  
 Email: support@dietspremium.com  
 Tel.: +49 1520 744 5675

Web:  
 dietspremium.com

Bank Details  
 Bank: Deutsche Bank  
 IBAN: DE26 7207 0024 0064 1910 00  
 SWIFT (BIC): DEUTDEDB720

**IRON**  
 1.3 mg  
**IODINE**  
 8.1 µg



<b>ZINC</b>	0.6 mg
<b>POTASSIUM</b>	1000 mg
<b>SODIUM</b>	15 mg
<b>VITAMIN E</b>	0.8 mg
<b>VITAMIN B7 (BIOTIN)</b>	4.5 mg
<b>FIBER</b>	10 g
<b>SUGAR ADDED</b>	0 g
<b>FIBER SOLUBLE</b>	2.6 g
<b>FIBER INSOLUBLE</b>	7.4 g
<b>CHOLESTEROL</b>	0 mg
<b>FATTY TRANS</b>	0 g
<b>OMEGA 3</b>	0.03 g
<b>OMEGA 6</b>	0.15 g
<b>SALT</b>	0.04 g
<b>COPPER</b>	0.3 mg
<b>MANGANESE</b>	0.7 mg
<b>SELENIUM</b>	3 µg
<b>VITAMIN D</b>	0 µg
<b>LUTEIN + ZEAXANTHIN</b>	20 mg
<b>TRYPTOPHAN</b>	0.03 g
<b>THREONINE</b>	0.08 g
<b>ISOLEUCINE</b>	0.1 g
<b>LEUCINE</b>	0.18 g

David Janitzek Diets  
 Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
 VAT ID: DE453108867

Contact:  
 Email: support@dietspremium.com  
 Tel.: +49 1520 744 5675

Web:  
 dietspremium.com

Bank Details  
 Bank: Deutsche Bank  
 IBAN: DE26 7207 0024 0064 1910 00  
 SWIFT (BIC): DEUTDEDB720



<b>PHENYLALANINE</b>	0.1 g
<b>VALINE</b>	0.12 g
<b>ASH</b>	2.8 g
<b>STARCH</b>	16.5 g
<b>FRUCTOSE</b>	14.8 g
<b>GLUCOSE</b>	14.2 g
<b>SUCROSE</b>	14.7 g
<b>GLICEMYC INDEX</b>	62 µg

*pdf.export.disclaimer*

David Janitzek Diets  
Premium  
Krumbacher Straße 26  
86424 Dinkelscherben,  
Germany  
VAT ID: DE453108867

Contact:  
Email:  
support@dietspremium.com  
Tel.: +49 1520 744 5675

Web:  
dietspremium.com

Bank Details  
Bank: Deutsche Bank  
IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB720