

Banana

Average Values	per 100g	per 25g pack	% RI* per 25g pack
Energy (kJ)	1424	356	
Energy (kcal)	335	84	4%
Fat (g)	0.4	0.1	0%
of which saturates (g)	0.1	0.0	0%
Carbohydrate (g)	79.6	19.9	8%
of which sugars (g)	51.6	12.9	
Fibre (g)	8.9	2.2	7%
Protein (g)	3.3	0.8	2%
Salt (g)	0.0	0.0	0%

*** Reference Intake for an average adult (8400kJ/2000kcal)**