

Detailed Banana Nutrition Facts (Medium Raw Banana, \$approx 118\$g)

I. Macronutrients and Energy

- **Calories:** 105 kcal
- **Total Carbohydrates:** 27 grams
 - **Dietary Fiber:** 3.1 grams
 - **Total Sugars (natural):** 14.4 grams
- **Protein:** 1.3 grams
- **Total Fat:** 0.4 grams
- **Water Content:** Approximately 88.4 grams

II. Key Vitamins

- **Vitamin $\mathbf{B_6}$ (Pyridoxine):** \$0.43 \text{ mg}\$ (\$\approx 25-33\%\$ Daily Value) - Essential for metabolism and brain development.
- **Vitamin C (Ascorbic Acid):** \$10.3 \text{ mg}\$ (\$\approx 11-14\%\$ Daily Value) - Acts as an antioxidant, supports immune function.
- **Folate (Vitamin $\mathbf{B_9}$):** \$23.6 \text{ mcg}\$ (\$\approx 6\%\$ Daily Value) - Supports cell division and DNA formation.
- **Niacin (Vitamin $\mathbf{B_3}$):** \$0.78 \text{ mg}\$ (\$\approx 5\%\$ Daily Value) - Supports energy production.
- **Riboflavin (Vitamin $\mathbf{B_2}$):** \$0.09 \text{ mg}\$ (\$\approx 7\%\$ Daily Value) - Important for energy and cellular function.
- **Vitamin A (IU):** \$75.5 \text{ IU}\$ (\$\approx 2\%\$ Daily Value) - Good for vision and immune health.

III. Key Minerals

- **Potassium (\mathbf{K}):** \$422 \text{ mg}\$ (\$\approx 9-12\%\$ Daily Value) - Key electrolyte vital for heart function and blood pressure regulation.
- **Manganese (\mathbf{Mn}):** \$0.32 \text{ mg}\$ (\$\approx 14\%\$ Daily Value) - Essential for metabolism and antioxidant defense.
- **Magnesium (\mathbf{Mg}):** \$31.9 \text{ mg}\$ (\$\approx 8\%\$ Daily Value) - Important for muscle and nerve function.
- **Phosphorus (\mathbf{P}):** \$26 \text{ mg}\$ (\$\approx 2\%\$ Daily Value) - Supports bone health.
- **Iron (\mathbf{Fe}):** \$0.31 \text{ mg}\$ (\$\approx 2\%\$ Daily Value) - Essential for oxygen transport.
- **Sodium (\mathbf{Na}):** \$1.2 \text{ mg}\$ (\$< 1\%\$ Daily Value) - Very low sodium content.

IV. Other Bioactive Notes

- **Resistant Starch:** Green bananas contain high levels of resistant starch, which functions like a fiber and converts to simple sugars as the banana ripens.

- **Antioxidants:** Contains antioxidants such as Dopamine and Catechins.
- **Pectin:** Contains pectin, a soluble fiber that aids in digestion and gut health.