

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

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

III. Key Minerals

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