

# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana (ripe)

## DIRECTIONS

01 Peel and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	27g	Folate	24µg
Fiber	3g	Magnesium	32mg
Protein	1g	Zinc	0mg
Vitamin C	10mg		

## NOTES

RECIPE ID 104

**RIPE BANANA ONLY!**

Must have black spots, not green tips and soft to the touch.