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Bananas, raw

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy

Food Category: Fruits and Fruit Juices

FDC ID: 173944

NDB Number: 9040

FDC Published: 4/1/2019

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Portion:

Name	Amount	Unit	Deriv. By	n	Source	Min	Max	Median	Footnote	Last Updated
Water	74.91	g	Analytical	20		71.3	78.2			12/1/2002
Energy	89	kcal	Calculated							4/1/2006
Energy	371	kJ	Calculated							4/1/2006
Protein	1.09	g	Analytical	12		0.75	1.31			12/1/2002
Total lipid (fat)	0.33	g	Analytical	19		0.07	0.7			12/1/2002
Ash	0.82	g	Analytical	12		0.43	1			12/1/2002
Carbohydrate, by difference	22.84	g	Calculated							4/1/2006
Fiber, total dietary	2.6	g	Analytical	13		1.7	3.7			12/1/2002
Sugars, total including NLEA	12.23	g	Analytical	8		7.51	16.21			12/1/2002
Sucrose	2.39	g	Analytical	8		0.45	4.12			12/1/2002
Glucose (dextrose)	4.98	g	Analytical	8		1.79	8.13			12/1/2002
Fructose	4.85	g	Analytical	8		2.34	7.52			12/1/2002
Lactose	0	g	Analytical	8		0	0			12/1/2002
Maltose	0.01	g	Analytical	8		0	0.11			12/1/2002

Name	Amount	Unit	Deriv. By	n	Source	Min	Max	Median	Footnote	Last Updated
Galactose	0	g	Analytical	8		0	0			12/1/2002
Starch	5.38	g	Analytical	8		3	9.39			12/1/2002
Calcium, Ca	5	mg	Analytical	45		4	7			12/1/2002
Iron, Fe	0.26	mg	Analytical	42		0.19	0.41			12/1/2002
Magnesium, Mg	27	mg	Analytical	45		18	38			12/1/2002
Phosphorus, P	22	mg	Analytical	45		15	29			12/1/2002
Potassium, K	358	mg	Analytical	45		308	426			12/1/2002
Sodium, Na	1	mg	Analytical	45		0	5			12/1/2002
Zinc, Zn	0.15	mg	Analytical	45		0.11	0.24			12/1/2002
Copper, Cu	0.078	mg	Analytical	45		0.025	0.186			12/1/2002
Manganese, Mn	0.27	mg	Analytical	45		0.116	0.829			12/1/2002
Selenium, Se	1	µg	Analytical	31		0	5.4			12/1/2002
Fluoride, F	2.2	µg	Analytical	1						4/1/2006
Vitamin C, total ascorbic acid	8.7	mg	Analytical	8		8	9.5			12/1/2002
Thiamin	0.031	mg	Analytical	12		0.01	0.051			12/1/2002
Riboflavin	0.073	mg	Analytical	12		0.05	0.115			12/1/2002
Niacin	0.665	mg	Analytical	12		0.544	0.749			12/1/2002
Pantothenic acid	0.334	mg	Analytical	12		0.27	0.553			12/1/2002
Vitamin B-6	0.367	mg	Analytical	12		0.302	0.42			12/1/2002
Folate, total	20	µg	Analytical	11		8	27			12/1/2002
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							1/1/2001
Folate, food	20	µg	Analytical	11		8	27			4/1/2006
Folate, DFE	20	µg	Calculated							4/1/2006
Choline, total	9.8	mg								4/1/2006
Betaine	0.1	mg	Analytical	1						4/1/2006

Name	Amount	Unit	Deriv. By	n	Source	Min	Max	Median	Footnote	Last Updated
Vitamin B-12	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							8/1/1982
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2004
Vitamin A, RAE	3	µg								4/1/2006
Retinol	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							6/1/2002
Carotene, beta	26	µg	Analytical	10		14	58			12/1/2002
Carotene, alpha	25	µg	Analytical	8		10	75			12/1/2002
Cryptoxanthin, beta	0	µg	Analytical	6		0	0			12/1/2002
Vitamin A, IU	64	IU								4/1/2006
Lycopene	0	µg	Analytical	6		0	0			12/1/2002
Lutein + zeaxanthin	22	µg	Analytical	6		13	27			12/1/2002
Vitamin E (alpha-tocopherol)	0.1	mg	Analytical	15		0.03	0.37			12/1/2002
Vitamin E, added	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							9/1/2004
Tocopherol, beta	0	mg	Analytical	15		0	0			12/1/2002

Name	Amount	Unit	Deriv. By	n	Source	Min	Max	Median	Footnote	Last Updated
18:1	0.022	g								4/1/2006
20:1	0	g								4/1/2006
22:1	0	g								4/1/2006
Fatty acids, total polyunsaturated	0.073	g	Calculated							4/1/2006
18:2	0.046	g								4/1/2006
18:3	0.027	g								4/1/2006
18:4	0	g								4/1/2006
20:4	0	g								4/1/2006
20:5 n-3 (EPA)	0	g								4/1/2006
22:5 n-3 (DPA)	0	g								4/1/2006
22:6 n-3 (DHA)	0	g								4/1/2006
Fatty acids, total trans	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							6/1/2015
Cholesterol	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							8/1/1982
Tryptophan	0.009	g	Analytical	0						12/1/2002
Threonine	0.028	g	Analytical	0						12/1/2002
Isoleucine	0.028	g	Analytical	0						12/1/2002
Leucine	0.068	g	Analytical	0						12/1/2002
Lysine	0.05	g	Analytical	0						12/1/2002
Methionine	0.008	g	Analytical	0						12/1/2002
Cystine	0.009	g	Analytical	0						12/1/2002
Phenylalanine	0.049	g	Analytical	0						12/1/2002

Name	Amount	Unit	Deriv. By	n	Source	Min	Max	Median	Footnote	Last Updated
Tyrosine	0.009	g	Analytical	0						12/1/2002
Valine	0.047	g	Analytical	0						12/1/2002
Arginine	0.049	g	Analytical	0						12/1/2002
Histidine	0.077	g	Analytical	0						12/1/2002
Alanine	0.04	g	Analytical	0						12/1/2002
Aspartic acid	0.124	g	Analytical	0						12/1/2002
Glutamic acid	0.152	g	Analytical	0						12/1/2002
Glycine	0.038	g	Analytical	0						12/1/2002
Proline	0.028	g	Analytical	0						12/1/2002
Serine	0.04	g	Analytical	0						12/1/2002
Alcohol, ethyl	0	g								4/1/1985
Caffeine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							11/1/2000
Theobromine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							11/1/2000

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