

	Bannana Raw Whole , medium (7" to 7 7/8" long)	Banana raw sliced	Banana bread, prepared from recipe, with margarine
measure	1 banana	1 cup	1 slice
weight (g)	118	150	60
water (g)	74	74	29
calories (kcal)	109	138	196
Protein (g)	1	2	3
Total fat (g)	1	1	6
saturated fat (g)	0.02	0.03	1.3
monounsaturated fat (g)	Tr	0.01	2.7
polyunsaturated fat (g)	0.01	0.01	1.9
Cholesterol (mg)	0	0	26
Carbohydrate (g)	28	35	33
Total dietary fiber (g)	2.8	3.6	0.7
Calcium (mg)	7	9	13
Iron (mg)	0.4	0.5	0.8
Potassium (mg)	467	594	80
Sodium (mg)	1	2	181
Vitamin A (IU)	96	122	278
Vitamin A (RE)	9	12	72
Thiamin (mg)	0.05	0.07	0.1
Riboflavin (mg)	0.12	0.15	0.12
Niacin (mg)	0.6	0.8	0.9
Accorbic acid (mg)	11	14	1

<http://www.ideal-weight-charts.com>