

Plantains

Nutrition Facts	
Serving Size 4 ounces (150g)	
Servings Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat
% Daily Value*	
Total Fat 7g	11%
Saturated Fat .5g	4%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 830mg	24%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	21%
Sugars 34g	
Protein 0g	
Vitamin A 30%	• Vitamin C 45%
Calcium 0%	• Iron 15%
Thiamin	• Riboflavin
Niacin	• Vitamin B6
Folacin	• Vitamin B12
Phosphorus	• Zinc
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4