Nutrition Facts

One Medium Banana (118 grams)  110 calories  Excellent source of vitamin B6 (20% DV)
Good source of vitamin C (15% DV)  Good source of manganese (15% DV)
Good source of potassium (12% DV)  Good source of fiber (12% DV)

Dole Recipe: Grilled Banana and Peach Salad with Arugula

Serves: 6  Prep Time: 20 minutes  Cook Time: 5 minutes

Ingredients:
4 peaches, halved
2 firm DOLE® Bananas, peeled and sliced lengthwise
4 thin slices DOLE Red Onion
1 teaspoon chili powder
1 teaspoon grated lime peel

1 avocado, peeled and sliced
1½ cups cooked red quinoa

Almond Milk-Date Dressing (recipe below)
1 tablespoon sliced almonds
2 teaspoons flaxseeds

Directions:
1. Heat grill to high heat. Sprinkle peaches, bananas and onion slices with chili powder and grated lime peel. Grill on both sides until charred and softened, about 5 minutes. Slice peach halves and set aside.

Almond Milk-Date Dressing:
In a food processor or an emulsifier blender, puree ½ cup unsweetened almond milk, ¼ cup sliced almonds, 2-inch peeled knob fresh ginger, 1 pitted date and 2 tablespoons rice vinegar.

Fun Facts

Up to 90% of Americans eat bananas at least monthly. Most North Americans and Europeans eat the dessert banana, which is eaten fresh and is very sweet. By contrast, the majority of the world population eats the plantain.

The Cavendish banana eaten in the U.S. is named for William Cavendish (1790–1858), 6th Duke of Devonshire. He loved bananas found in West Africa, and tried to replicate them on his English country estate. Traders eventually took bananas to Latin America, where they flourished. Latin America supplies most bananas eaten in the U.S.

Botanically, the banana fruit is a berry. Bananas have tiny seeds which can be seen within the fruit. The plant on which bananas grow is technically not a tree—it’s an herb!

Flour made from green bananas has excellent nutrition properties and can be substituted for wheat flour. It is a good swap for people with gluten intolerance, especially for those with celiac disease.

Banana peels are being investigated for previously unimagined benefits. The Dole Nutrition Research Lab found that the peel from one medium-size banana has higher polyphenolic antioxidant value than a cup of blueberries!
Institutions worldwide have studied bananas and their important nutrients. Here are a few relevant studies and nutrition talking points:

Bananas were found to be a good energy source during exercise.


Potassium, found in bananas, has been linked to lower risk of stroke.

*Potassium Intake and Risk of Stroke in Women With Hypertension and Nonhypertension in the Women’s Health Initiative.* Arjun Seth, BS; Yasmin Mossavar-Rahmani, PhD; Victor Kamensky, MS; Brian Silver, MD; Kamakshi Lakshminarayan, MD; Ross Prentice, PhD; Linda Van Horn, PhD; Sylvia Wassertheil-Smoller, PhD. *Stroke.* Volume 45, 2874-2880, September 2014.

Eating bananas may help lower blood pressure.


Eating bananas may help lower kidney cancer risk.


Eating bananas may help soothe asthmatic symptoms in children.


#Bananas are packed w/ nutrition. A good source of potassium, vitamin C & fiber, bananas are also high in vitamin B6, all for 110 calories!

Have you ever tried a grilled #banana? Simply grill for 3 min/side, add to yogurt and top with nuts & berries for a Breakfast Parfait

#Bananas aren’t just for breakfast. Add grilled bananas to salads or try roasting bananas with chili powder and cilantro

One ingredient “ice cream” is an easy healthy #dessert. Pulse frozen #banana in a food processor until creamy and add your favorite toppings

Add #bananas to smoothies for creamy texture and tropical taste. What else do you add to smoothies?

February 23: National Banana Bread Day  
March 2: National Banana Cream Pie Day  
August 25: National Banana Split Day  
August 27: National Banana Lovers Day