



Banana



Nutrition Facts

1 Medium banana (118g):

- 🍌 110 Calories 🍌 Potassium (8%DV) 🍌 Good source of Fiber (11%DV)
- 🍌 Good source of Vitamin C (10%DV) 🍌 Excellent source of Vitamin B6 (25%DV)

Dole Recipe: Banana Energy Bites

(More recipes available at Dole.com)



Serves: 9 Prep Time: 15 minutes Cook Time: 4 minutes

Ingredients:

- ¼ cup sliced almonds
- 1 ripe DOLE® Banana, peeled and chopped
- 1 cup pitted dates
- ¾ cup old-fashioned rolled oats
- 2 tablespoons all-natural peanut butter
- 2 tablespoons ground flaxseed
- 1 tablespoon chia seeds
- ¼ cup dark chocolate chips

Directions:

1. Toast almonds in a large skillet over medium heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. Purée banana, dates, oats, peanut butter, flaxseed, and chia seeds in a food processor until smooth. Add chocolate chips and almonds; pulse 10 times or until incorporated. Makes about 2 cups.
3. Line a rimmed baking pan with parchment paper. Roll banana mixture into 1- to 1¼- inch balls and place on prepared pan; cover and refrigerate at least 1 hour. Makes 18 bites.

Nutrition Facts

servings per container
Serving size **One banana(118g)**

Amount per serving
Calories 110

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **10%**

Dietary Fiber 3g **11%**

Total Sugars 14g

Includes 0g Added Sugars **0%**

Protein 1g

Vit. D 0mcg 0% • Calcium 6mg 0%

Iron 0mg 0% • Potas. 422mg 8%

Vit. C 10mg 10% • Riboflavin 0.1mg 8%

Vit. B6 0.4mg 25% • Copper 0.1mg 10%

Magnesium 32mg 8% • Biotin 3mcg 10%

Manganese 0.3mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

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.

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.

Research

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.

Bananas as an Energy Source during Exercise: A Metabolomics Approach. David C. Nieman, Nicholas D. Gillitt, Dru A. Henson, Wei Sha, R. Andrew Shanely, Amy M. Knab, Lynn Cialdella-Kam, Fuxia Jin. *PLoS ONE* Volume 7, Issue 5, May 2012.

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.

Effect of banana on cold stress test & peak expiratory flow rate in healthy volunteers. Sarkar C, Bairy KL, Rao NM, Udupa EG. *Indian J Med Res.* Volume 110, 27-9, July 1999.

Eating bananas may help lower kidney cancer risk.

Fruits, vegetables and risk of renal cell carcinoma: A prospective study of Swedish women. Bahram Rashidkhani, Per Lindblad and Alicja Wolk. *International Journal of Cancer*. Volume 113, Issue 3, 451-455, January 2005

Eating bananas may help soothe asthmatic symptoms in children.

Childhood asthma and fruit consumption. B. J. Okoko, P. G. Burney, R. B. Newson, J. F. Potts, S. O. Shaheen. *European Respiratory Journal* Volume 29, Issue 6, 1161-1168, June 2007.

Tweets

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?

Observances

February 23: National Banana Bread Day
March 2: National Banana Cream Pie Day

February 25: National Banana Split Day
August 27: National Banana Lovers Day

