

# Banana Peel Powder

## Nutritional Facts

Serving Size: 100 gm

Serving Per Container

Amount Per Serving

Calories: 312 KCAL

Calories from FAT 36

Daily Values (in %)

Total Fat	4 g	6%
Saturated Fat	1 g	5%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	877 g	37%
Total Carbohydrates	64 g	21%
Dietary Fiber	4 g	16%
Sugar	1 g	4%
Protein	5 g	
Vitamin 'C'		4%
Iron		30%
Calcium		25%

Daily Values are based on a 2000 Calories Diet. Your daily values may be higher or lower depending on the calories needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 g	300 g
Sodium	Less than	2400 g	2400 g
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
Fat			9
Carbohydrates			4
Protein			4
Potassium %			2.5%