

Banana

Freeze-dried fruit

Bananas are among the world's most popular fruits. Native to Southeast Asia, they are now grown all over warm parts of the world. A banana consists of fiber, water and carbs, holding very little protein and almost no fat. They are rich in pectin, a fibre responsible for its spongy aspect and it may moderate blood sugar levels after meals and reduce appetite by slowing the emptying of your stomach. They also rank low to medium on the glycemic index, which is a measure of how quickly foods increase blood sugar levels, meaning that they should not cause major spikes in blood sugar levels in healthy individuals. Bananas are considered to be one of the most ancient fruits known to man, mentioned in Buddhist texts dating over 500 years before Christ.



HYPERFOOD
energy for the body

Banana

Benefits

Bananas provide a substantial amount of energy, which is easily absorbed by the body. Due to their high nutritious value, especially their great potassium content, experts recommend including them in diets, as they contribute to proper muscular function, preventing spasms and cramps. Besides, the consumption of potassium and magnesium is associated with bone health, helping prevent osteoporosis.

Bananas are rich in magnesium, which is an important mineral for blood pressure control, cardiovascular protection and the prevention of metabolic syndromes as obesity and diabetes. They are also rich in fibres, which consumption is associated with multiple health benefits, such as improved bowel function, reduced risk of developing cardiovascular diseases, diabetes and gastrointestinal illnesses.

Applications



Snacks



Supplements



Beverages



Chocolates



Protein bars



Breakfast cereals



Desserts



Cookies

Formats



Freeze-dried powder



Freeze-dried granulated



Freeze-dried slices



Freeze-dried half slices

Freeze-drying

Freeze-drying is a low temperature dehydration process, as food is frozen and subjected to a low pressure environment, enabling water to be removed from cells through sublimation. It preserves nutrients, shape, colour and taste of food; and it is considered to be the best drying technology available. Water removal allows a longer shelf life at room temperature without the need of preservatives and provides stability to a wide range of applications. Version 03 - Aug/2019

Nutritional Values

| | | | |
|-------------------|-----|-----------------|------|
| Calories (kcal) | 335 | Potassium (mg) | 1391 |
| Carbohydrate (g) | 89 | Magnesium (mg) | 109 |
| Dietary Fiber (g) | 13 | Sodium (mg) | 0.8 |
| Protein (g) | 4.6 | Vitamin C (mg) | 39 |
| Trans fat (g) | 0.0 | Vitamin B5 (mg) | 1.6 |
| Total fat (g) | 1.5 | Vitamin B6 (mg) | 0.5 |

- Reference values only - It does not consist in specification data
- Values per 100g of freeze-dried powder

Composition

| Component | % |
|-----------|-----|
| Banana | 100 |

- ✓ Organic
- ✓ Gluten free
- ✓ Non-GMO
- ✓ No artificial colors
- ✓ No preservatives
- ✓ No added sugar

Certifications

