

Banana Chips

Nutrition Facts

22 servings per container

Serving size 1/2 Cup (42g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories **240**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 4g Added Sugars **8%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 2mg 10%

Potassium 242mg 6%

*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.

DIRECTIONS:

Augason Farms Banana Chips can be used in so many ways: as a sweet snack, in trail mix, in hot cereal, or in your favorite cookie recipe. The options are endless. They're perfect for everyday use, long-term food storage or used in your grab-and-go emergency food kit.

INGREDIENTS: Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

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