**Geography/History**

**Baby Bananas** grow best in wet tropical conditions and establish themselves quickly, often producing harvest within fifteen months after planting. The few baby varieties found in the marketplace are the Pisang Mas variety, originally from Malaysia as well as the Ladyfinger and Orito.

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**Description/Taste**

**Baby Bananas** have the bright yellow signature peel, but it is much thinner than the common banana. Averaging three to four inches in length, a typical bunch produces eight to ten bananas. The baby banana has a very dense creamy texture and offers a rich sweet flavor.

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### See the table below for in depth analysis of nutrients:

**Banana fruit (Musa acuminata colla), Nutritive Value per 100 g**

(Source: USDA National Nutrient Database)

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>90 Kcal</td>
<td>4.5%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>22.84 g</td>
<td>18%</td>
</tr>
<tr>
<td>Protein</td>
<td>1.09 g</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.33 g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.60 g</td>
<td>7%</td>
</tr>
</tbody>
</table>

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**Vitamins**

- Folates: 20 µg, 5%
- Niacin: 0.665 mg, 4%
- Pantothenic acid: 0.334 mg, 7%
- Pyridoxine: 0.367 mg, 28%
- Riboflavin: 0.073 mg, 5%
- Thiamin: 0.031 mg, 2%
- Vitamin A: 64 IU, 2%
- Vitamin C: 8.7 mg, 15%
- Vitamin E: 0.10 mg, 1%
- Vitamin K: 0.5 µg, 1%

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**Electrolytes**

- Sodium: 1 mg, 0%
- Potassium: 358 mg, 8%

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**Minerals**

- Calcium: 5 mg, 0.5%
- Copper: 0.078 mg, 8%
- Iron: 0.26 mg, 2%
- Magnesium: 27 mg, 7%
- Manganese: 0.270 mg, 13%
- Phosphorus: 22 mg, 3%
- Selenium: 1.0 µg, 2%
- Zinc: 0.15 mg, 1%

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**Phyto-nutrients**

- Carotene-α: 25 µg, --
- Carotene-β: 26 µg, --
- Lutein-zeaxanthin: 22 µg, --