



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.



See the table below for in depth analysis of nutrients:
Banana fruit (*Musa acuminata colla*),
Nutritive Value per 100 g
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	90 Kcal	4.5%
Carbohydrates	22.84 g	18%
Protein	1.09g	2%
Total Fat	0.33 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.60 g	7%
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%
Electrolytes		
Sodium	1 mg	0%
Potassium	358 mg	8%
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%
Phyto-nutrients		
Carotene-α	25 µg	--
Carotene-β	26 µg	--
Lutein-zeaxanthin	22 µg	--

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.

