

A wooden bowl filled with a fine, light-colored powder, identified as green banana flour, sits on a rustic wooden surface. To the right of the bowl, several green bananas are displayed: some are whole, while others are sliced into rounds, revealing their pale, starchy interiors. The composition is set against a background of vertical wooden planks, creating a natural and wholesome aesthetic.

Green Banana Flour

Benefits and applications



Our Product



Scientific Name:	Musa paradisiaca L.
Family:	Musaceae
Common names:	Guineo, topocho, mature, platano

Introduction

Banana flour is a powder traditionally made of green bananas; historically, has been used as a complement to wheat flour but now is quite often used as a gluten-free replacement for wheat flours or as a source of resistant starch, which has been promoted by certain dieting trends such as paleo and primal diets and by some recent nutritional research.






Process

All of our products have 100% export quality and are made from selected green bananas; they are picked by hand in optimum conditions.

Mechanical mills are used to transform bananas into dried banana flour, which is then processed and packaged under regulated environmental and hygienic conditions.



Benefits

- Gluten-free.
- Promotes a healthy colon.
- Abundant in zinc, potassium, magnesium, and manganese.
- Provides dietary fiber, etc.



Friendly Food

Green banana flour is suitable for those with allergies to gluten, wheat, and other grain allergies and intolerances is a vegan and vegetarian food product and may be included in some ketogenic diet plans.

Consuming green banana flour may help with digestive health, normalizing blood sugars, and weight loss.



Nutritional facts



Name	Amount/ 100 g of Green Banana Flour
Energy	340 kcal ^a
Protein	3.0 g ^a
Carbohydrate	82.1 g ^a
Total Starch	78.43 g ^a
Resistant Starch	40.14 g ^a
Total Fiber	8.50 g ^b
Soluble Fiber	1.34 g ^b
Insoluble fiber	7.15 g ^b
Sugars, total including NLEA	10 g ^b
Total lipid (fat)	1.8 g ^a
Potassium (K)	1491 mg ^a
Magnesium (Mg)	108 mg ^a
Phosphorus (P)	74 mg ^a
Iron (Fe)	1.5 mg ^a
Calcium (Ca)	22 mg ^a
Sodium (Na)	3 mg ^a
Eq. β -carotene	183 μ g ^a
Thiamin or Vit B	0.18 mg ^a
Riboflavin	0.24 mg ^a
Niacin	2.8 mg ^a

Applications

- Breakfast booster
- Dietary products
- Food Industry
- Bakery & Snacks
- Confectionery
- Infant Food
- Filling & Dressings
- Soup & Sauces
- Cattle meals
- Beverages
- Pet Food & Feed Industry
- Vitamins industry
- Military



- Cosmetics and skincare products
- Enrichment or for partial or total replacement of wheat flour
- Glue production
- Ketchup/catsup manufacture.
- Enrichment or for calves milk, etc.

How to reach us:

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Company

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