**Supplementary Table 1**

Nutrition information for green banana biomass (per 20-g portion or one tablespoon)

|  |  |  |
| --- | --- | --- |
| Composition | Amounts per portion (g) | DV (%)\* |
| Total Energy | 50 kJ (12 kcal) | 0.60 |
| Carbohydrates | 2.83 | 0.94 |
| Proteins | 0.18 | 0.24 |
| Dietary fibre | 1.12 | 4.48 |

It does not contain significant amounts of sodium and total, saturated, and trans fat.

\* Daily reference values are based on an 8.400 kJ (or 2.000 kcal) diet. The daily values can be higher or lower, depending on individual needs.