

Plantain vs Banana (vsdiff.com)

Attribute	Plantain	Banana
Taxonomic grouping	Musa section <i>Paraclama</i> (usually cooking type)	Musa sections AAA/AA (dessert types)
Typical length	~20-30 cm (approximately)	~15-25 cm (approximately)
Peel & texture	Thicker peel, firmer when unripe	Thinner peel, softer at ripeness
Starch vs sugar	High starch when unripe; converts to sugar when ripe	Lower starch proportion; fruits become sweet as sugars accumulate
Culinary use	Primarily cooked: frying, boiling, baking	Primarily eaten raw; also baked or fried
Ripening cues	Green → yellow → black (sweet when blackened)	Green → yellow → brown (sweetest at yellow with brown spots)
Regions of prominence	West Africa, Caribbean, Central & South America, Southeast Asia	Tropical/subtropical global production (Latin America, Asia, Africa)
Typical ripe sugar (%)	~15-25% (varies by cultivar and ripeness)	~12-20% (varies by cultivar and ripeness)

Source: <https://vsdiff.com/plantain-vs-banana/>