Red bananas should have a deep red or maroon rind when ripe and are best eaten when unbruised and slightly soft. This variety contains more beta-carotene and vitamin C than yellow bananas. It also contains potassium and iron. The redder the fruit, the more carotene and the higher the vitamin C level. As with yellow bananas, red bananas will ripen in a few days at room temperature and are best stored outside from refrigeration.

Compared with the most common banana, the Cavendish banana, they tend to be smaller, have a slightly thicker skin with a sweeter taste, but do have a longer shelf life than yellow bananas.

It is known in English as Red dacca (Australia), Red banana, 'Red' banana (US), Claret banana, Cavendish banana "Cuban Red", Jamaican red banana, and Red Cavendish banana.