

# Nutrition Facts

## Bananarama

Serving Size 24 oz

### Amount Per Serving

**Calories** 378      **Calories from Fat** 3.78

### % Daily Value

**Total Fat** 0.59g 1%

Monounsaturated Fat 0.14g

Polyunsaturated Fat 0.11g

Saturated Fat 0.39g 2%

**Cholesterol** 4.29mg 1%

**Sodium** 204.75mg 9%

**Total Carbohydrate** 83.87g 28%

Dietary Fiber 5.23g 21%

Insoluble Fiber 0g

**Protein** 12.45g 25%

**Water** 475.4ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 140.97RE 3%

Vitamin E 0.43mg 2%

Thiamin (B1) 0.14mg 9%

Riboflavin (B2) 0.48mg 28%

Niacin (B3) 1.05mg 5%

Vitamin B6 0.55mg 28%

Vitamin B12 1.14mcg 19%

Folic Acid (Folic Acid) 36.23mcg 9%

Pantothenic Acid 1.19mg 12%

Vitamin C 11.1mg 19%

Vitamin D 88.85IU 22%

Vitamin K 0.64mcg 1%

### Minerals:

Calcium 205.17mg 21%

Magnesium 55.59mg 14%

Phosphorus 186.7mg 19%

Potassium 664.66mg 19%

Copper 0.14mg 7%

Iron 1.4mg 8%

Zinc 2.01mg 13%

Manganese 0.42mg 21%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

### Other Information:

Calories from Protein 13%

Calories from Carbohydrate 86%

Calories from Fat 1%

Poly/Sat Fat 0.3:1

Sodium/Potassium 0.3:1

Calcium/Phosphorus 1.1:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.26g 26%

Isoleucine 0.36g 51%

Leucine 0.79g 81%

Lysine 0.6g 71%

Methionine 0.14g 15%

Phenylalanine 0.37g 38%

Threonine 0.21g 43%

Tryptophan 0.1g 41%

Valine 0.45g 64%

*\* Percent Daily Values are based on an average sized adult.*

### Other Amino Acids:

Alanine 0.27g      Glycine 0.16g

Arginine 0.22g      Proline 0.77g

Aspartic Acid 0.68g      Serine 0.41g

Cystine 0.28g      Tyrosine 0.33g

Glutamic Acid 1.64g

### Fatty Acids:

Linoleic 0.06g      Oleic 0.07g

### Caloric Ratio:

Carbs 86%      Fats 1%      Protein 13%

### Good News:

This food is very low in Saturated Fat and Cholesterol.

Ingredients: Fat Free Milk, Vanilla Yogurt, Bananas

