

# Nutrition Facts

## Berry Orangy

Serving Size 24 oz

### Amount Per Serving

**Calories** 357.13      **Calories from Fat** 17.86

### % Daily Value

**Total Fat** 2.15g      3%

Monounsaturat Fat 0.1g

Polyunsaturat Fat 0.24g

Saturated Fat 0.07g      0%

**Cholesterol** 7.5mg      3%

**Sodium** 42.55mg      2%

**Total Carbohydrate** 83.23g      28%

Dietary Fiber 3.98g      16%

Insoluble Fiber g

**Protein** 4.35g      9%

**Water** 765.18ml

**Caffeine** 0mg

### Vitamins:

Vitamin A      34.33RE      1%

Vitamin E      1.46mg      7%

Thiamin (B1)      0.3mg      20%

Riboflavin (B2)      0.12mg      7%

Niacin (B3)      1.35mg      7%

Vitamin B6      0.19mg      9%

Vitamin B12      0mcg      0%

Folacin (Folic Acid)      162.91mcg      41%

Pantothenic Acid      0.69mg      7%

Vitamin C      164.78mg      275%

Vitamin D      0IU      0%

Vitamin K      11.17mcg      14%

### Minerals:

Calcium      54.82mg      5%

Magnesium      48.67mg      12%

Phosphorus      70.07mg      7%

Potassium      783.26mg      22%

Copper      0.22mg      11%

Iron      1.07mg      6%

Zinc      0.32mg      2%

Manganese      0.36mg      18%

*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      5%

Calories from Carbohydrate      90%

Calories from Fat      5%

Poly/Sat Fat      3.5:1

Sodium/Potassium      .1:1

Calcium/Phosphorus      .8:1

### Essential Amino Acids:

### % Daily Value\*

Histidine      0.01g      1%

Isoleucine      0.02g      3%

Leucine      0.03g      3%

Lysine      0.02g      2%

Methionine      0g      0%

Phenylalanine      0.02g      2%

Threonine      0.02g      4%

Tryptophan      0.01g      4%

Valine      0.02g      3%

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

### Other Amino Acids:

Alanine      0.03g      Glycine      0.02g

Arginine      0.03g      Proline      0.02g

Aspartic Acid      0.1g      Serine      0.02g

Cystin      0.01g      Tyrosine      0.01g

Glutamic Acid      0.08g

### Fatty Acids:

Linoleic      0.12g      Oleic      0.06g

### Caloric Ratio:

Carbs 91%      Fats 5%      Protein 4%

### Good News:

This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Folate, and a very good source of Vitamin C. Contains known anti-inflammatory nutrients, including Vitamin C, Vitamin K and Folate.

Ingredients: Orange Juice, Pineapple Sherbet, Strawberries, Blueberries

