

Nutrition Facts

Berry Orangy

Serving Size 32 oz

Amount Per Serving

Calories 397.62 **Calories from Fat** 19.88

% Daily Value

Total Fat 2.21g 3%

Monounsaturated Fat 0.11g

Polyunsaturated Fat 0.25g

Saturated Fat 0.08g 0%

Cholesterol 7.5mg 3%

Sodium 46.65mg 2%

Total Carbohydrate 92.92g 31%

Dietary Fiber 4.16g 17%

Insoluble Fiber 0g

Protein 4.96g 10%

Water 1004.13ml

Caffeine 0mg

Vitamins:

Vitamin A 41.53RE 1%

Vitamin E 1.64mg 8%

Thiamin (B1) 0.37mg 25%

Riboflavin (B2) 0.14mg 8%

Niacin (B3) 1.53mg 8%

Vitamin B6 0.23mg 12%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 202.32mcg 51%

Pantothenic Acid 0.83mg 8%

Vitamin C 199.78mg 333%

Vitamin D 0IU 0%

Vitamin K 11.17mcg 14%

Minerals:

Calcium 0mg 0%

Magnesium 59.27mg 15%

Phosphorus 84.47mg 8%

Potassium 954.2mg 27%

Copper 0.26mg 13%

Iron 1.16mg 6%

Zinc 0.36mg 2%

Manganese 0.37mg 19%

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 3.2:1

Sodium/Potassium 0.00:1

Calcium/Phosphorus 0.8:1

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

Cystine 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

