

Nutrition Facts

Big Sky Blackberry

Serving Size 32 oz

Amount Per Serving

Calories 368.11 **Calories from Fat** 7.36

% Daily Value

Total Fat 1.03g 2%

Monounsaturated Fat 0.03g

Polyunsaturated Fat 0.13g

Saturated Fat 0.03g 0%

Cholesterol 3.37mg 1%

Sodium 60.45mg 3%

Total Carbohydrate 90.4g 30%

Dietary Fiber 3.52g 14%

Insoluble Fiber 0g

Protein 2.7g 5%

Water 231.43ml

Caffeine 0mg

Vitamins:

Vitamin A 8.41RE 0%

Vitamin E 0.35mg 2%

Thiamin (B1) 0.03mg 2%

Riboflavin (B2) 0.08mg 5%

Niacin (B3) 0.9mg 4%

Vitamin B6 0.14mg 7%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 15.01mcg 4%

Pantothenic Acid 0.19mg 2%

Vitamin C 10.6mg 18%

Vitamin D 0IU 0%

Vitamin K 8.08mcg 10%

Minerals:

Calcium 16.45mg 2%

Magnesium 25.77mg 6%

Phosphorus 20.99mg 2%

Potassium 248.16mg 7%

Copper 0.1mg 5%

Iron 0.31mg 2%

Zinc 0.49mg 3%

Manganese 0.33mg 17%

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 3%

Calories from Carbohydrate 95%

Calories from Fat 2%

Poly/Sat Fat 3.9:1

Sodium/Potassium 0.2:1

Calcium/Phosphorus 0.8:1

Essential Amino Acids:

% Daily Value*

Histidine 0.02g 2%

Isoleucine 0.01g 1%

Leucine 0.02g 2%

Lysine 0.01g 1%

Methionine 0g 0%

Phenylalanine 0.01g 1%

Threonine 0.01g 2%

Tryptophan 0g 0%

Valine 0.01g 1%

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

Other Amino Acids:

Alanine 0.01g Glycine 0.01g

Arginine 0.01g Proline 0.01g

Aspartic Acid 0.03g Serine 0.01g

Cystine 0g Tyrosine 0g

Glutamic Acid 0.04g

Fatty Acids:

Linoleic 0.09g Oleic 0.02g

Caloric Ratio:

Carbs 94% Fats 3% Protein 3%

Good News:

This food is very low in Saturated Fat, Cholesterol and Sodium.

Ingredients: Raspberry Juice, Vanilla Yogurt, Raspberry Sherbet, Blackberries, Bananas

