

Nutrition Facts

Bustin Blues

Serving Size 24 oz

Amount Per Serving

Calories 489.44 **Calories from Fat** 39.16

% Daily Value

Total Fat 4.4g 7%

Monounsaturated Fat 1.03g

Polyunsaturated Fat 0.51g

Saturated Fat 2.1g 10%

Cholesterol 0mg 0%

Sodium 89.56mg 4%

Total Carbohydrate 111.36g 37%

Dietary Fiber 10.39g 42%

Insoluble Fiber 0g

Protein 4.46g 9%

Water 844.12ml

Caffeine 0mg

Vitamins:

Vitamin A 49.85RE 1%

Vitamin E 1.7mg 9%

Thiamin (B1) 0.33mg 22%

Riboflavin (B2) 0.29mg 17%

Niacin (B3) 1.61mg 8%

Vitamin B6 0.44mg 22%

Vitamin B12 0.2mcg 3%

Folic Acid (Folic Acid) 110.61mcg 28%

Pantothenic Acid 1.1mg 11%

Vitamin C 93.5mg 156%

Vitamin D 0IU 0%

Vitamin K 18.81mcg 24%

Minerals:

Calcium 140.45mg 14%

Magnesium 63.18mg 16%

Phosphorus 126.37mg 13%

Potassium 874.4mg 25%

Copper 0.34mg 17%

Iron 1.17mg 6%

Zinc 1.21mg 8%

Manganese 1.88mg 94%

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 4%

Calories from Carbohydrate 88%

Calories from Fat 8%

Poly/Sat Fat 0.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 1.1:1

Essential Amino Acids:

% Daily Value*

Histidine 0.09g 9%

Isoleucine 0.13g 19%

Leucine 0.22g 22%

Lysine 0.16g 19%

Methionine 0.05g 5%

Phenylalanine 0.12g 12%

Threonine 0.1g 20%

Tryptophan 0.03g 12%

Valine 0.15g 21%

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

Other Amino Acids:

Alanine 0.1g Glycine 0.07g

Arginine 0.12g Proline 0.2g

Aspartic Acid 0.23g Serine 0.12g

Cystine 0.03g Tyrosine 0.09g

Glutamic Acid 0.47g

Fatty Acids:

Linoleic 0.29g Oleic 0.94g

Caloric Ratio:

Carbs 89% Fats 8% Protein 3%

Good News:

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

Ingredients: Orange Juice, Pineapple Juice, Raspberry Sherbet, Blueberries, Bananas

