

Nutrition Facts

Cocobanana

Serving Size 24 oz

Amount Per Serving

Calories 436.12 **Calories from Fat** 13.08

% Daily Value

Total Fat 1.69g 3%

Monounsaturated Fat 0.39g

Polyunsaturated Fat 0.24g

Saturated Fat 0.86g 4%

Cholesterol 7.4mg 2%

Sodium 285.8mg 12%

Total Carbohydrate 95.54g 32%

Dietary Fiber 4.35g 17%

Insoluble Fiber 0g

Protein 11.9g 24%

Water 403.03ml

Caffeine 1.05mg

Vitamins:

Vitamin A 112.53RE 2%

Vitamin E 0.35mg 2%

Thiamin (B1) 0.17mg 11%

Riboflavin (B2) 0.48mg 28%

Niacin (B3) 1.48mg 7%

Vitamin B6 0.43mg 22%

Vitamin B12 0.92mcg 15%

Folic Acid (Folic Acid) 31.46mcg 8%

Pantothenic Acid 0.95mg 9%

Vitamin C 7.81mg 13%

Vitamin D 63.46IU 16%

Vitamin K 0.98mcg 1%

Minerals:

Calcium 192.72mg 19%

Magnesium 58.19mg 15%

Phosphorus 192.29mg 19%

Potassium 594.13mg 17%

Copper 0.16mg 8%

Iron 1.3mg 7%

Zinc 1.66mg 11%

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 11%

Calories from Carbohydrate 86%

Calories from Fat 3%

Poly/Sat Fat 0.3:1

Sodium/Potassium 0.5:1

Calcium/Phosphorus 1.0:1

Essential Amino Acids:

% Daily Value*

Histidine 0.21g 21%

Isoleucine 0.3g 43%

Leucine 0.65g 66%

Lysine 0.47g 56%

Methionine 0.12g 13%

Phenylalanine 0.32g 33%

Threonine 0.19g 39%

Tryptophan 0.09g 37%

Valine 0.37g 53%

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

Other Amino Acids:

Alanine 0.24g Glycine 0.14g

Arginine 0.21g Proline 0.71g

Aspartic Acid 0.6g Serine 0.38g

Cystine 0.23g Tyrosine 0.28g

Glutamic Acid 1.51g

Fatty Acids:

Linoleic 0.18g Oleic 0.3g

Caloric Ratio:

Carbs 86% Fats 3% Protein 11%

Good News:

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

Ingredients: Fat Free Milk, Chocolate Syrup, Vanilla Yogurt, Bananas, Malt

