

Nutrition Facts

Cocobanana

Serving Size 32 oz

Amount Per Serving

Calories 467.36 **Calories from Fat** 14.02

% Daily Value

Total Fat 1.76g 3%

Monounsaturated Fat 0.43g

Polyunsaturated Fat 0.25g

Saturated Fat 0.97g 5%

Cholesterol 9.24mg 3%

Sodium 328mg 14%

Total Carbohydrate 100.09g 33%

Dietary Fiber 4.35g 17%

Insoluble Fiber 0g

Protein 15g 30%

Water 575.21ml

Caffeine 1.05mg

Vitamins:

Vitamin A 168.57RE 3%

Vitamin E 0.39mg 2%

Thiamin (B1) 0.21mg 14%

Riboflavin (B2) 0.65mg 38%

Niacin (B3) 1.56mg 8%

Vitamin B6 0.46mg 23%

Vitamin B12 1.41mcg 23%

Folic Acid (Folic Acid) 36.05mcg 9%

Pantothenic Acid 1.28mg 13%

Vitamin C 7.81mg 13%

Vitamin D 101.54IU 25%

Vitamin K 0.98mcg 1%

Minerals:

Calcium 278.1mg 28%

Magnesium 67.35mg 17%

Phosphorus 260.28mg 26%

Potassium 683.25mg 20%

Copper 0.2mg 10%

Iron 1.76mg 10%

Zinc 2.44mg 16%

Manganese 0.4mg 20%

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 13%

Calories from Carbohydrate 84%

Calories from Fat 3%

Poly/Sat Fat 0.3:1

Sodium/Potassium 0.5:1

Calcium/Phosphorus 1.1:1

Essential Amino Acids:

% Daily Value*

Histidine 0.28g 28%

Isoleucine 0.44g 63%

Leucine 0.95g 97%

Lysine 0.7g 83%

Methionine 0.18g 20%

Phenylalanine 0.45g 46%

Threonine 0.27g 55%

Tryptophan 0.12g 49%

Valine 0.54g 77%

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

Other Amino Acids:

Alanine 0.34g Glycine 0.19g

Arginine 0.28g Proline 1.03g

Aspartic Acid 0.83g Serine 0.54g

Cystine 0.34g Tyrosine 0.42g

Glutamic Acid 2.13g

Fatty Acids:

Linoleic 0.19g Oleic 0.32g

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

