

Nutrition Facts

Funky Monkey

Serving Size 24 oz

Amount Per Serving

Calories 541.51 **Calories from Fat** 92.06

% Daily Value

Total Fat 10.41g 16%

Monounsaturat Fat 0.43g

Polyunsaturat Fat 0.25g

Saturated Fat 8.19g 41%

Cholesterol 3.75mg 1%

Sodium 139.96mg 6%

Total Carbohydrate 111.36g 37%

Dietary Fiber 5.27g 21%

Insoluble Fiber 0g

Protein 5.51g 11%

Water 711.2ml

Caffeine 0mg

Vitamins:

Vitamin A 10.7RE 0%

Vitamin E 0.51mg 3%

Thiamin (B1) 0.3mg 20%

Riboflavin (B2) 0.15mg 9%

Niacin (B3) 1.44mg 7%

Vitamin B6 0.64mg 32%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 56.5mcg 14%

Pantothenic Acid 0.95mg 9%

Vitamin C 50.84mg 85%

Vitamin D 0IU 0%

Vitamin K 0.51mcg 1%

Minerals:

Calcium 52.11mg 5%

Magnesium 73.48mg 18%

Phosphorus 74.77mg 7%

Potassium 862.79mg 25%

Copper 0.51mg 25%

Iron 1.81mg 10%

Zinc 1mg 7%

Manganese 4.67mg 234%

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 79%

Calories from Fat 17%

Poly/Sat Fat 0.0:1

Sodium/Potassium 0.2:1

Calcium/Phosphorus 0.7:1

Essential Amino Acids:

% Daily Value*

Histidine 0.1g 10%

Isoleucine 0.07g 10%

Leucine 0.14g 14%

Lysine 0.1g 12%

Methionine 0.03g 3%

Phenylalanine 0.1g 10%

Threonine 0.07g 14%

Tryptophan 0.03g 12%

Valine 0.1g 14%

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

Other Amino Acids:

Alanine 0.08g Glycine 0.08g

Arginine 0.19g Proline 0.06g

Aspartic Acid 0.2g Serine 0.08g

Cystin 0.03g Tyrosine 0.04g

Glutamic Acid 0.34g

Fatty Acids:

Linoleic 0.14g Oleic 0.41g

Caloric Ratio:

Carbs 79% Fats 17% Protein 4%

Good News:

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

Ingredients: Pineapple Juice, Pineapple Sherbet, Vanilla Yogurt, Pineapple, Bananas, Coconut

