

Nutrition Facts

Funky Monkey

Serving Size 32 oz

Amount Per Serving

Calories 590.31 **Calories from Fat** 88.55

% Daily Value

Total Fat 10.44g 16%

Monounsaturat Fat 0.43g

Polyunsaturat Fat 0.26g

Saturat Fat 8.19g 41%

Cholesterol 3.75mg 1%

Sodium 144.25mg 6%

Total Carbohydrate 123.35g 41%

Dietary Fiber 5.45g 22%

Insoluble Fiber 0g

Protein 5.89g 12%

Water 958.97ml

Caffeine 0mg

Vitamins:

Vitamin A 11.64RE 0%

Vitamin E 0.52mg 3%

Thiamin (B1) 0.36mg 24%

Riboflavin (B2) 0.17mg 10%

Niacin (B3) 1.63mg 8%

Vitamin B6 0.7mg 35%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 66.45mcg 17%

Pantothenic Acid 1.07mg 11%

Vitamin C 62.1mg 103%

Vitamin D 0IU 0%

Vitamin K 0.51mcg 1%

Minerals:

Calcium 65.77mg 7%

Magnesium 83.6mg 21%

Phosphorus 82.28mg 8%

Potassium 990.43mg 28%

Copper 0.6mg 30%

Iron 2.1mg 12%

Zinc 1.11mg 7%

Manganese 5.61mg 281%

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 81%

Calories from Fat 15%

Poly/Sat Fat 0.0:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.8:1

Essential Amino Acids:

% Daily Value*

Histidine 0.1g 10%

Isoleucine 0.07g 10%

Leucine 0.14g 14%

Lysine 0.1g 12%

Methionine 0.08g 9%

Phenylalanine 0.1g 10%

Threonine 0.07g 14%

Tryptophan 0.08g 33%

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 Fats Protein

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

