

# Nutrition Facts

## Goodness Grapacious

Serving Size 32 oz

### Amount Per Serving

**Calories** 413.5      **Calories from Fat** 12.40

### % Daily Value

**Total Fat** 1.27g      2%

Monounsaturat Fat 0.01g

Polyunsaturat Fat 0.17g

Saturat Fat 0.17g      1%

**Cholesterol** 3.75mg      1%

**Sodium** 75.55mg      3%

**Total Carbohydrate** 100.83g      34%

Dietary Fiber 2.35g      9%

Insoluble Fiber 0g

**Protein** 3.89g      8%

**Water** 894.27ml

**Caffeine** 0mg

### Vitamins:

Vitamin A      13.17RE      0%

Vitamin E      1.15mg      6%

Thiamin (B1)      0.16mg      11%

Riboflavin (B2)      0.2mg      12%

Niacin (B3)      0.66mg      3%

Vitamin B6      0.25mg      13%

Vitamin B12      0mcg      0%

Folacin (Folic Acid)      7.06mcg      2%

Pantothenic Acid      0.14mg      1%

Vitamin C      92.96mg      155%

Vitamin D      0IU      0%

Vitamin K      20.7mcg      26%

### Minerals:

Calcium      37.14mg      4%

Magnesium      27.9mg      7%

Phosphorus      41.35mg      4%

Potassium      338.97mg      10%

Copper      0.25mg      13%

Iron      0.84mg      5%

Zinc      0.23mg      2%

Manganese      0.69mg      34%

*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      94%

Calories from Fat      3%

Poly/Sat Fat      1.0:1

Sodium/Potassium      0.2:1

Calcium/Phosphorus      0.9:1

### Essential Amino Acids:

### % Daily Value\*

Histidine      0.03g      3%

Isoleucine      0.02g      3%

Leucine      0.03g      3%

Lysine      0.04g      5%

Methionine      0.01g      1%

Phenylalanine      0.03g      3%

Threonine      0.03g      6%

Tryptophan      0.02g      8%

Valine      0.03g      4%

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

### Other Amino Acids:

Alanine      0.03g      Glycine      0.02g

Arginine      0.18g      Proline      0.11g

Aspartic Acid      0.05g      Serine      0.03g

Cystin      0.01g      Tyrosine      0.01g

Glutamic Acid      0.11g

### Fatty Acids:

Linoleic      0.05g      Oleic      0.01g

### Caloric Ratio:

Carbs      Fats      Protein

### Good News:

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

Ingredients: Grape Juice, Pineapple Sherbet, Vanilla Yogurt, Grapes

