

Nutrition Facts

Gotcha Guava

Serving Size 32 oz

Amount Per Serving

Calories 415.85 **Calories from Fat** 20.79

% Daily Value

Total Fat 2.9g 4%

Monounsaturated Fat 0.54g

Polyunsaturated Fat 0.2g

Saturated Fat 1.06g 5%

Cholesterol 3.75mg 1%

Sodium 82.7mg 3%

Total Carbohydrate 108.38g 36%

Dietary Fiber 5.8g 23%

Insoluble Fiber 0g

Protein 3.26g 7%

Water 379.26ml

Caffeine 0mg

Vitamins:

Vitamin A 77.11RE 2%

Vitamin E 0.99mg 5%

Thiamin (B1) 0.18mg 12%

Riboflavin (B2) 0.18mg 11%

Niacin (B3) 1.6mg 8%

Vitamin B6 0.3mg 15%

Vitamin B12 0.1mcg 2%

Folic Acid (Folic Acid) 20.41mcg 5%

Pantothenic Acid 0.53mg 5%

Vitamin C 114.23mg 190%

Vitamin D 0IU 0%

Vitamin K 3.2mcg 4%

Minerals:

Calcium 123.92mg 12%

Magnesium 35.78mg 9%

Phosphorus 299.99mg 30%

Potassium 737.97mg 21%

Copper 0.17mg 9%

Iron 0.53mg 3%

Zinc 0.68mg 5%

Manganese 0.21mg 10%

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 3%

Calories from Carbohydrate 92%

Calories from Fat 5%

Poly/Sat Fat 0.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.4:1

Essential Amino Acids:

% Daily Value*

Histidine 0.08g 8%

Isoleucine 0.08g 11%

Leucine 0.15g 15%

Lysine 0.12g 14%

Methionine 0.04g 4%

Phenylalanine 0.09g 9%

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 0.06g

Arginine 0.08g Proline 0.12g

Aspartic Acid 0.61g Serine 0.1g

Cystine 0.03g Tyrosine 0.06g

Glutamic Acid 0.31g

Fatty Acids:

Linoleic 0.16g Oleic 0.5g

Caloric Ratio:

Carbs Fats Protein

Good News:

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

Ingredients: Pog Juice, Pineapple Sherbet, Orange Sherbet, Peaches, Bananas

