

Nutrition Facts

Grape Beyond

Serving Size 32 oz

Amount Per Serving

Calories 363.91 **Calories from Fat** 7.28

% Daily Value

Total Fat 0.9g 1%

Monounsaturat Fat 0.09g

Polyunsaturat Fat 0.37g

Saturat Fat 0.15g 1%

Cholesterol 0mg 0%

Sodium 85.8mg 4%

Total Carbohydrate 88.45g 29%

Dietary Fiber 3.81g 15%

Insoluble Fiber 0g

Protein 4.22g 8%

Water 897.27ml

Caffeine 0mg

Vitamins:

Vitamin A 12.32RE 0%

Vitamin E 1.17mg 6%

Thiamin (B1) 0.1mg 7%

Riboflavin (B2) 0.15mg 9%

Niacin (B3) 1.09mg 5%

Vitamin B6 0.2mg 10%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 19.82mcg 5%

Pantothenic Acid 0.23mg 2%

Vitamin C 103.13mg 172%

Vitamin D 0IU 0%

Vitamin K 15.2mcg 19%

Minerals:

Calcium 38.69mg 4%

Magnesium 28.39mg 7%

Phosphorus 29.72mg 3%

Potassium 196.07mg 6%

Copper 0.12mg 6%

Iron 0.9mg 5%

Zinc 0.26mg 2%

Manganese 0.87mg 44%

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 93%

Calories from Fat 2%

Poly/Sat Fat 2.5:1

Sodium/Potassium 0.4:1

Calcium/Phosphorus 1.3:1

Essential Amino Acids:

% Daily Value*

Histidine 0.01g 1%

Isoleucine 0.02g 3%

Leucine 0.03g 3%

Lysine 0.02g 2%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0g 0%

Valine 0.02g 3%

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

Other Amino Acids:

Alanine 0.03g Glycine 0.02g

Arginine 0.03g Proline 0.02g

Aspartic Acid 0.08g Serine 0.02g

Cystin 0.01g Tyrosine 0.01g

Glutamic Acid 0.08g

Fatty Acids:

Linoleic 0.16g Oleic 0.08g

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 good source of Manganese, and a very good source of Vitamin C. Contains known anti-inflammatory nutrients, including Vitamin C.

Ingredients: Grape Juice, Strawberry Yogurt, Blueberries, Strawberries

