

Nutrition Facts

King of the Junga

Serving Size 32 oz

Amount Per Serving

Calories 428.91 **Calories from Fat** 4.29

% Daily Value

Total Fat 0.7g 1%

Monounsaturated Fat 0.12g

Polyunsaturated Fat 0.18g

Saturated Fat 0.12g 1%

Cholesterol 0mg 0%

Sodium 97.81mg 4%

Total Carbohydrate 102.77g 34%

Dietary Fiber 6.22g 25%

Insoluble Fiber 0g

Protein 7.29g 15%

Water 997.51ml

Caffeine 0mg

Vitamins:

Vitamin A 83.92RE 2%

Vitamin E 1.68mg 8%

Thiamin (B1) 0.36mg 24%

Riboflavin (B2) 0.17mg 10%

Niacin (B3) 2.1mg 10%

Vitamin B6 0.4mg 20%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 195.14mcg 49%

Pantothenic Acid 1mg 10%

Vitamin C 185.56mg 309%

Vitamin D 0IU 0%

Vitamin K 3.74mcg 5%

Minerals:

Calcium 61.81mg 6%

Magnesium 73.04mg 18%

Phosphorus 99.23mg 10%

Potassium 1189.23mg 34%

Copper 0.32mg 16%

Iron 1.18mg 7%

Zinc 0.5mg 3%

Manganese 0.41mg 20%

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 7%

Calories from Carbohydrate 92%

Calories from Fat 1%

Poly/Sat Fat 1.5:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.6:1

Essential Amino Acids:

% Daily Value*

Histidine 0.06g 6%

Isoleucine 0.04g 6%

Leucine 0.07g 7%

Lysine 0.06g 7%

Methionine 0.01g 1%

Phenylalanine 0.05g 5%

Threonine 0.04g 8%

Tryptophan 0.02g 8%

Valine 0.05g 7%

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

Other Amino Acids:

Alanine 0.06g Glycine 0.05g

Arginine 0.05g Proline 0.04g

Aspartic Acid 0.48g Serine 0.06g

Cystine 0.02g Tyrosine 0.02g

Glutamic Acid 0.17g

Fatty Acids:

Linoleic 0.12g Oleic 0.08g

Caloric Ratio:

Carbs Fats Protein

Good News:

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

Ingredients: Orange Juice, Vanilla Yogurt, Peaches, Strawberries, Bananas

