

Nutrition Facts

NanaBerry Scream

Serving Size 24 oz

Amount Per Serving

Calories 400.34 **Calories from Fat** 4.00

% Daily Value

Total Fat 0.59g 1%

Monounsaturat Fat 0.07g

Polyunsaturat Fat 0.15g

Saturat Fat 0.13g 1%

Cholesterol 0mg 0%

Sodium 96.76mg 4%

Total Carbohydrate 96.61g 32%

Dietary Fiber 0.44g 2%

Insoluble Fiber 6.69g

Protein 6.45g 13%

Water 836ml

Caffeine 0mg

Vitamins:

Vitamin A 35.33RE 1%

Vitamin E 1.14mg 6%

Thiamin (B1) 0.29mg 19%

Riboflavin (B2) 0.16mg 9%

Niacin (B3) 1.69mg 8%

Vitamin B6 0.46mg 23%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 167.64mcg 42%

Pantothenic Acid 0.89mg 9%

Vitamin C 170.78mg 285%

Vitamin D 0IU 0%

Vitamin K 2.92mcg 4%

Minerals:

Calcium 57.52mg 6%

Magnesium 69.5mg 17%

Phosphorus 81.44mg 8%

Potassium 1042.1mg 30%

Copper 0.27mg 14%

Iron 1.37mg 8%

Zinc 0.42mg 3%

Manganese 0.59mg 29%

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 6%

Calories from Carbohydrate 93%

Calories from Fat 1%

Poly/Sat Fat 1.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.7:1

Essential Amino Acids:

% Daily Value*

Histidine 0.07g 7%

Isoleucine 0.04g 6%

Leucine 0.08g 8%

Lysine 0.06g 7%

Methionine 0.01g 1%

Phenylalanine 0.06g 6%

Threonine 0.04g 8%

Tryptophan 0.01g 4%

Valine 0.05g 7%

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

Other Amino Acids:

Alanine 0.06g Glycine 0.05g

Arginine 0.06g Proline 0.04g

Aspartic Acid 0.21g Serine 0.05g

Cystin 0.01g Tyrosine 0.02g

Glutamic Acid 0.2g

Fatty Acids:

Linoleic 0.07g Oleic 0.04g

Caloric Ratio:

Carbs 93% Fats 1% Protein 6%

Good News:

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

Ingredients: Orange Juice, Vanilla Yogurt, Strawberries, Bananas

