

Nutrition Facts

NanaBerry Scream

Serving Size 32 oz

Amount Per Serving

Calories 440.82 **Calories from Fat** 4.41

% Daily Value

Total Fat 0.64g 1%

Monounsaturated Fat 0.08g

Polyunsaturated Fat 0.16g

Saturated Fat 0.14g 1%

Cholesterol 0mg 0%

Sodium 101mg 4%

Total Carbohydrate 106.31g 35%

Dietary Fiber 6.87g 27%

Insoluble Fiber 0g

Protein 7.07g 14%

Water 1082.89ml

Caffeine 0mg

Vitamins:

Vitamin A 42.53RE 1%

Vitamin E 1.32mg 7%

Thiamin (B1) 0.36mg 24%

Riboflavin (B2) 0.18mg 11%

Niacin (B3) 1.87mg 9%

Vitamin B6 0.5mg 25%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 207.05mcg 52%

Pantothenic Acid 1.03mg 10%

Vitamin C 205.77mg 343%

Vitamin D 0IU 0%

Vitamin K 2.92mcg 4%

Minerals:

Calcium 68.97mg 7%

Magnesium 80.17mg 20%

Phosphorus 95.83mg 10%

Potassium 1213.04mg 35%

Copper 0.32mg 16%

Iron 1.46mg 8%

Zinc 0.47mg 3%

Manganese 0.6mg 30%

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

Cystine 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 Saturated 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

