

Nutrition Facts

Orange U Grape

Serving Size 24 oz

Amount Per Serving

Calories 488.26 **Calories from Fat** 24.41

% Daily Value

Total Fat 3.04g 5%

Monounsaturat Fat 0.45g

Polyunsaturat Fat 0.27g

Saturat Fat 1.15g 6%

Cholesterol 3.75mg 1%

Sodium 66.19mg 3%

Total Carbohydrate 117.15g 39%

Dietary Fiber 6.31g 25%

Insoluble Fiber 0g

Protein 4.03g 8%

Water 777.99ml

Caffeine 0mg

Vitamins:

Vitamin A 30.14RE 1%

Vitamin E 1.41mg 7%

Thiamin (B1) 0.2mg 13%

Riboflavin (B2) 0.31mg 18%

Niacin (B3) 1.19mg 6%

Vitamin B6 0.56mg 28%

Vitamin B12 0.09mcg 2%

Folacin (Folic Acid) 28.55mcg 7%

Pantothenic Acid 0.58mg 6%

Vitamin C 86.96mg 145%

Vitamin D 0IU 0%

Vitamin K 21.12mcg 26%

Minerals:

Calcium 77.17mg 8%

Magnesium 52.44mg 13%

Phosphorus 88.25mg 9%

Potassium 702.57mg 20%

Copper 0.32mg 16%

Iron 1.09mg 6%

Zinc 0.7mg 5%

Manganese 0.79mg 40%

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 0.9:1

Essential Amino Acids:

% Daily Value*

Histidine 0.12g 12%

Isoleucine 0.09g 13%

Leucine 0.16g 16%

Lysine 0.14g 17%

Methionine 0.04g 4%

Phenylalanine 0.11g 11%

Threonine 0.09g 18%

Tryptophan 0.03g 12%

Valine 0.12g 17%

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

Other Amino Acids:

Alanine 0.09g Glycine 0.07g

Arginine 0.26g Proline 0.22g

Aspartic Acid 0.23g Serine 0.11g

Cystin 0.03g Tyrosine 0.06g

Glutamic Acid 0.4g

Fatty Acids:

Linoleic 0.13g Oleic 0.41g

Caloric Ratio:

Carbs 92% Fats 5% Protein 3%

Good News:

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

Ingredients: Grape Juice, Pineapple Sherbet, Orange Sherbet, Grapes, Bananas

