

Nutrition Facts

Passionate Pleasures

Serving Size 24 oz

Amount Per Serving

Calories 428.34 **Calories from Fat** 21.42

% Daily Value

Total Fat 2.43g 4%

Monounsaturat Fat 0.42g

Polyunsaturat Fat 0.14g

Saturat Fat 0.85g 4%

Cholesterol 3.75mg 1%

Sodium 78.09mg 3%

Total Carbohydrate 101.9g 34%

Dietary Fiber 6.21g 25%

Insoluble Fiber 0g

Protein 3.5g 7%

Water 506ml

Caffeine 0mg

Vitamins:

Vitamin A 357.64RE 7%

Vitamin E 0.32mg 2%

Thiamin (B1) 0.05mg 3%

Riboflavin (B2) 0.14mg 8%

Niacin (B3) 1.43mg 7%

Vitamin B6 0.07mg 4%

Vitamin B12 0.09mcg 2%

Folacin (Folic Acid) 22.92mcg 6%

Pantothenic Acid 0.48mg 5%

Vitamin C 131.06mg 218%

Vitamin D 0IU 0%

Vitamin K 5.29mcg 7%

Minerals:

Calcium 74mg 7%

Magnesium 29.69mg 7%

Phosphorus 60.38mg 6%

Potassium 331.9mg 9%

Copper 0.3mg 15%

Iron 1.48mg 8%

Zinc 0.73mg 5%

Manganese 0.32mg 16%

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 0.2:1

Calcium/Phosphorus 1.2:1

Essential Amino Acids:

% Daily Value*

Histidine 0.03g 3%

Isoleucine 0.05g 7%

Leucine 0.09g 9%

Lysine 0.07g 8%

Methionine 0.02g 2%

Phenylalanine 0.04g 4%

Threonine 0.04g 8%

Tryptophan 0.01g 4%

Valine 0.06g 9%

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

Other Amino Acids:

Alanine 0.04g Glycine 0.03g

Arginine 0.05g Proline 0.08g

Aspartic Acid 0.14g Serine 0.05g

Cystin 0.01g Tyrosine 0.05g

Glutamic Acid 0.2g

Fatty Acids:

Linoleic 0.1g Oleic 0.39g

Caloric Ratio:

Carbs 91% Fats 5% Protein 4%

Good News:

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

Ingredients: Peach Juice, Orange Sherbet, Pineapple Sherbet, Strawberries, Peaches

