

# Nutrition Facts

## Passionate Pleasures

Serving Size 32 oz

### Amount Per Serving

**Calories** 478.76      **Calories from Fat** 19.15

### % Daily Value

**Total Fat** 2.45g 4%

Monounsaturat Fat 0.43g

Polyunsaturat Fat 0.15g

Saturat Fat 0.85g 4%

**Cholesterol** 3.75mg 1%

**Sodium** 86.41mg 4%

**Total Carbohydrate** 114.9g 38%

Dietary Fiber 6.78g 27%

Insoluble Fiber 0g

**Protein** 3.75g 8%

**Water** 674.68ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 381.92RE 8%

Vitamin E 0.33mg 2%

Thiamin (B1) 0.05mg 3%

Riboflavin (B2) 0.16mg 9%

Niacin (B3) 1.7mg 9%

Vitamin B6 0.07mg 4%

Vitamin B12 0.09mcg 2%

Folacin (Folic Acid) 23.85mcg 6%

Pantothenic Acid 0.55mg 6%

Vitamin C 136mg 227%

Vitamin D 0IU 0%

Vitamin K 6.23mcg 8%

### Minerals:

Calcium 80.44mg 8%

Magnesium 34.32mg 9%

Phosphorus 65.98mg 7%

Potassium 389.25mg 11%

Copper 0.37mg 19%

Iron 1.66mg 9%

Zinc 0.8mg 5%

Manganese 0.34mg 17%

*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 93%

Calories from Fat 4%

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 0.11g Oleic 0.4g

### 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

