

Nutrition Facts

Peanut Butter Binge

Serving Size 24 oz

Amount Per Serving

Calories 738.62 **Calories from Fat** 258.52

% Daily Value

Total Fat 30.28g 47%

Monounsaturat Fat 14.16g

Polyunsaturat Fat 8.52g

Saturat Fat 6.03g 30%

Cholesterol 4.29mg 1%

Sodium 527.23mg 22%

Total Carbohydrate 98.41g 33%

Dietary Fiber 7.56g 30%

Insoluble Fiber 0g

Protein 26.56g 53%

Water 459.13ml

Caffeine 1.05mg

Vitamins:

Vitamin A 137.57RE 3%

Vitamin E 5.99mg 30%

Thiamin (B1) 0.17mg 11%

Riboflavin (B2) 0.52mg 31%

Niacin (B3) 8.4mg 42%

Vitamin B6 0.65mg 32%

Vitamin B12 1.14mcg 19%

Folacin (Folic Acid) 70.04mcg 18%

Pantothenic Acid 1.8mg 18%

Vitamin C 7.4mg 12%

Vitamin D 88.85IU 22%

Vitamin K 0.91mcg 1%

Minerals:

Calcium 233.38mg 23%

Magnesium 149.92mg 37%

Phosphorus 375.18mg 38%

Potassium 860.41mg 25%

Copper 0.47mg 23%

Iron 2.58mg 14%

Zinc 3.7mg 25%

Manganese 1.3mg 65%

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 14%

Calories from Carbohydrate 51%

Calories from Fat 35%

Poly/Sat Fat 1.4:1

Sodium/Potassium 0.6:1

Calcium/Phosphorus 0.6:1

Essential Amino Acids:

% Daily Value*

Histidine 0.59g 59%

Isoleucine 0.85g 121%

Leucine 1.69g 172%

Lysine 1.1g 131%

Methionine 0.31g 34%

Phenylalanine 1.09g 111%

Threonine 0.69g 141%

Tryptophan 0.23g 94%

Valine 1.03g 147%

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

Other Amino Acids:

Alanine 0.82g Glycine 1g

Arginine 1.91g Proline 1.39g

Aspartic Acid 2.37g Serine 1.1g

Cystin 0.45g Tyrosine 0.91g

Glutamic Acid 4.56g

Fatty Acids:

Linoleic 8.44g Oleic 13.67g

Caloric Ratio:

Carbs 50% Fats 35% Protein 15%

Good News:

This food is very low in Cholesterol.

Ingredients: Fat Free Milk, Vanilla Yogurt, Chocolate Syrup, Bananas, Peanut Butter

