

Nutrition Facts

Perfectly Peachy

Serving Size 32 oz

Amount Per Serving

Calories 429.53 **Calories from Fat** 4.30

% Daily Value

Total Fat 0.37g 1%

Monounsaturat Fat 0.11g

Polyunsaturat Fat 0.15g

Saturat Fat 0.03g 0%

Cholesterol 0mg 0%

Sodium 118.33mg 5%

Total Carbohydrate 105.97g 35%

Dietary Fiber 5.82g 23%

Insoluble Fiber 0g

Protein 5.21g 10%

Water 740.09ml

Caffeine 0mg

Vitamins:

Vitamin A 174.53RE 3%

Vitamin E 0.84mg 4%

Thiamin (B1) 0.04mg 3%

Riboflavin (B2) 0.1mg 6%

Niacin (B3) 2.17mg 11%

Vitamin B6 0.06mg 3%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 8.89mcg 2%

Pantothenic Acid 0.47mg 5%

Vitamin C 30.58mg 51%

Vitamin D 0IU 0%

Vitamin K 7.31mcg 9%

Minerals:

Calcium 33.92mg 3%

Magnesium 30.3mg 8%

Phosphorus 48.62mg 5%

Potassium 389.76mg 11%

Copper 0.4mg 20%

Iron 1.11mg 6%

Zinc 0.54mg 4%

Manganese 0.15mg 8%

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 5%

Calories from Carbohydrate 94%

Calories from Fat 1%

Poly/Sat Fat 4.8:1

Sodium/Potassium 0.3:1

Calcium/Phosphorus 0.7:1

Essential Amino Acids:

% Daily Value*

Histidine 0.01g 1%

Isoleucine 0.02g 3%

Leucine 0.03g 3%

Lysine 0.03g 4%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

Valine 0.02g 3%

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

Other Amino Acids:

Alanine 0.03g Glycine 0.02g

Arginine 0.02g Proline 0.02g

Aspartic Acid 0.47g Serine 0.04g

Cystin 0.01g Tyrosine 0.02g

Glutamic Acid 0.06g

Fatty Acids:

Linoleic 0.14g Oleic 0.11g

Caloric Ratio:

Carbs 94% Fats 1% Protein 5%

Good News:

This food is low in Sodium, and very low in Saturat Fat and Cholesterol. It is also a good source of Vitamin C.

Ingredients: Peach Juice, Vanilla Yogurt, Peaches

