

Nutrition Facts

Pineapple Promise

Serving Size 24 oz

Amount Per Serving

Calories 413.38 **Calories from Fat** 16.54

% Daily Value

Total Fat 2.1g 3%

Monounsaturated Fat 0.05g

Polyunsaturated Fat 0.17g

Saturated Fat 0.11g 1%

Cholesterol 7.5mg 3%

Sodium 41.21mg 2%

Total Carbohydrate 98.7g 33%

Dietary Fiber 3.45g 14%

Insoluble Fiber 0g

Protein 3.88g 8%

Water 713.98ml

Caffeine 0mg

Vitamins:

Vitamin A 10.95RE 0%

Vitamin E 0.32mg 2%

Thiamin (B1) 0.3mg 20%

Riboflavin (B2) 0.15mg 9%

Niacin (B3) 1.41mg 7%

Vitamin B6 0.58mg 29%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 55.58mcg 14%

Pantothenic Acid 0.77mg 8%

Vitamin C 52.8mg 88%

Vitamin D 0IU 0%

Vitamin K 0.43mcg 1%

Minerals:

Calcium 48.95mg 5%

Magnesium 61.62mg 15%

Phosphorus 47.31mg 5%

Potassium 787.62mg 23%

Copper 0.44mg 22%

Iron 1.35mg 8%

Zinc 0.52mg 3%

Manganese 4.21mg 211%

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 4%

Calories from Carbohydrate 92%

Calories from Fat 4%

Poly/Sat Fat 1.6:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 1.0:1

Essential Amino Acids:

% Daily Value*

Histidine 0.08g 8%

Isoleucine 0.04g 6%

Leucine 0.08g 8%

Lysine 0.07g 8%

Methionine 0.02g 2%

Phenylalanine 0.05g 5%

Threonine 0.04g 8%

Tryptophan 0.02g 8%

Valine 0.04g 6%

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

Other Amino Acids:

Alanine 0.03g Glycine 0.03g

Arginine 0.04g Proline 0.02g

Aspartic Acid 0.11g Serine 0.03g

Cystine 0.01g Tyrosine 0.01g

Glutamic Acid 0.13g

Fatty Acids:

Linoleic 0.04g Oleic 0.02g

Caloric Ratio:

Carbs 92% Fats 4% Protein 4%

Good News:

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

Ingredients: Pineapple Juice, Pineapple Sherbet, Pineapple, Bananas

