

Nutrition Facts

Pineapple Promise

Serving Size 32 oz

Amount Per Serving

Calories 462.16 **Calories from Fat** 18.49

% Daily Value

Total Fat 2.13g 3%

Monounsaturated Fat 0.05g

Polyunsaturated Fat 0.18g

Saturated Fat 0.11g 1%

Cholesterol 7.5mg 3%

Sodium 45.4mg 2%

Total Carbohydrate 110.69g 37%

Dietary Fiber 3.64g 15%

Insoluble Fiber 0g

Protein 4.26g 9%

Water 957.92ml

Caffeine 0mg

Vitamins:

Vitamin A 11.89RE 0%

Vitamin E 0.33mg 2%

Thiamin (B1) 0.37mg 25%

Riboflavin (B2) 0.17mg 10%

Niacin (B3) 1.59mg 8%

Vitamin B6 0.64mg 32%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 65.53mcg 16%

Pantothenic Acid 0.89mg 9%

Vitamin C 64.06mg 107%

Vitamin D 0IU 0%

Vitamin K 0.43mcg 1%

Minerals:

Calcium 62.54mg 6%

Magnesium 71.7mg 18%

Phosphorus 54.82mg 5%

Potassium 915.26mg 26%

Copper 0.54mg 27%

Iron 1.63mg 9%

Zinc 0.62mg 4%

Manganese 5.15mg 258%

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

