

Nutrition Facts

Purple Rain

Serving Size 24 oz

Amount Per Serving

Calories 385.96 **Calories from Fat** 15.44

% Daily Value

Total Fat 2g 3%

Monounsaturat Fat 0.05g

Polyunsaturat Fat 0.16g

Saturated Fat 0.09g 0%

Cholesterol 7.5mg 3%

Sodium 42.03mg 2%

Total Carbohydrate 91.4g 30%

Dietary Fiber 4.72g 19%

Insoluble Fiber 0g

Protein 4.35g 9%

Water 727.22ml

Caffeine 0mg

Vitamins:

Vitamin A 24.07RE 0%

Vitamin E 0.81mg 4%

Thiamin (B1) 0.27mg 18%

Riboflavin (B2) 0.14mg 8%

Niacin (B3) 1.49mg 7%

Vitamin B6 0.41mg 20%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 112.07mcg 28%

Pantothenic Acid 0.77mg 8%

Vitamin C 120.45mg 201%

Vitamin D 0IU 0%

Vitamin K 5.34mcg 7%

Minerals:

Calcium 58.35mg 6%

Magnesium 60.22mg 15%

Phosphorus 63.57mg 6%

Potassium 852.53mg 24%

Copper 0.34mg 17%

Iron 4.5mg 25%

Zinc 0.53mg 4%

Manganese 2.08mg 104%

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 91%

Calories from Fat 4%

Poly/Sat Fat 1.9:1

Sodium/Potassium 0.0:1

Calcium/Phosphorus 0.9:1

Essential Amino Acids:

% Daily Value*

Histidine 0.05g 5%

Isoleucine 0.02g 3%

Leucine 0.6g 61%

Lysine 0.04g 5%

Methionine 0.01g 1%

Phenylalanine 0.04g 4%

Threonine 0.03g 6%

Tryptophan 0.01g 4%

Valine 0.04g 6%

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

Other Amino Acids:

Alanine 0.04g Glycine 0.04g

Arginine 0.04g Proline 0.03g

Aspartic Acid 0.15g Serine 0.04g

Cystin 0.01g Tyrosine 0.02g

Glutamic Acid 0.14g

Fatty Acids:

Linoleic 0.08g Oleic 0.03g

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: Orange Juice, Pineapple Juice, Pineapple Sherbet, Strawberries, Blackberries, Bananas

