

Nutrition Facts

Purple Rain

Serving Size 32 oz

Amount Per Serving

Calories 430.6 **Calories from Fat** 17.22

% Daily Value

Total Fat 2.04g 3%

Monounsaturat Fat 0.06g

Polyunsaturat Fat 0.17g

Saturated Fat 0.09g 0%

Cholesterol 7.5mg 3%

Sodium 46.1mg 2%

Total Carbohydrate 102.24g 34%

Dietary Fiber 4.91g 20%

Insoluble Fiber 0g

Protein 4.85g 10%

Water 964.91ml

Caffeine 0mg

Vitamins:

Vitamin A 28.14RE 1%

Vitamin E 0.91mg 5%

Thiamin (B1) 0.34mg 23%

Riboflavin (B2) 0.16mg 9%

Niacin (B3) 1.67mg 8%

Vitamin B6 0.46mg 23%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 136.75mcg 34%

Pantothenic Acid 0.9mg 9%

Vitamin C 143.58mg 239%

Vitamin D 0IU 0%

Vitamin K 5.34mcg 7%

Minerals:

Calcium 70.71mg 7%

Magnesium 70.52mg 18%

Phosphorus 74.52mg 7%

Potassium 1001.82mg 29%

Copper 0.41mg 20%

Iron 1.69mg 9%

Zinc 0.6mg 4%

Manganese 2.56mg 128%

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

