

Nutrition Facts

Raspberry Roar

Serving Size 24 oz

Amount Per Serving

Calories 429.05 **Calories from Fat** 21.45

% Daily Value

Total Fat 2.52g 4%

Monounsaturated Fat 0.1g

Polyunsaturated Fat 0.49g

Saturated Fat 0.12g 1%

Cholesterol 6.75mg 2%

Sodium 33.75mg 1%

Total Carbohydrate 104.03g 35%

Dietary Fiber 9.56g 38%

Insoluble Fiber 0g

Protein 3.03g 6%

Water 249.16ml

Caffeine 0mg

Vitamins:

Vitamin A 21.49RE 0%

Vitamin E 0.74mg 4%

Thiamin (B1) 0.08mg 5%

Riboflavin (B2) 0.14mg 8%

Niacin (B3) 1.62mg 8%

Vitamin B6 0.4mg 20%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 40.69mcg 10%

Pantothenic Acid 0.65mg 6%

Vitamin C 37.05mg 62%

Vitamin D 0IU 0%

Vitamin K 9.27mcg 12%

Minerals:

Calcium 34.34mg 3%

Magnesium 56.13mg 14%

Phosphorus 56.88mg 6%

Potassium 549.74mg 16%

Copper 0.17mg 9%

Iron 1mg 6%

Zinc 0.8mg 5%

Manganese 0.99mg 50%

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 3%

Calories from Carbohydrate 92%

Calories from Fat 5%

Poly/Sat Fat 4.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.6:1

Essential Amino Acids:

% Daily Value*

Histidine 0.06g 6%

Isoleucine 0.02g 3%

Leucine 0.06g 6%

Lysine 0.04g 5%

Methionine 0.01g 1%

Phenylalanine 0.04g 4%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

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 0.1g Serine 0.03g

Cystine 0.01g Tyrosine 0.01g

Glutamic Acid 0.13g

Fatty Acids:

Linoleic 0.32g Oleic 0.09g

Caloric Ratio:

Carbs 92% Fats 5% Protein 3%

Good News:

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

Ingredients: Raspberry Juice, Raspberry Sherbet, Raspberries, Bananas

