

# Nutrition Facts

## Starburst

Serving Size 24 oz

### Amount Per Serving

**Calories** 380.13      **Calories from Fat** 15.21

### % Daily Value

**Total Fat** 1.76g 3%

Monounsaturat Fat 0.03g

Polyunsaturat Fat 0.11g

Saturat Fat 0.01g 0%

**Cholesterol** 7.12mg 2%

**Sodium** 42.47mg 2%

**Total Carbohydrate** 92.47g 31%

Dietary Fiber 2.44g 10%

Insoluble Fiber 0g

**Protein** 1.64g 3%

**Water** 494.82ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 6.09RE 0%

Vitamin E 0.27mg 1%

Thiamin (B1) 0.08mg 5%

Riboflavin (B2) 0.26mg 15%

Niacin (B3) 0.77mg 4%

Vitamin B6 0.1mg 5%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 18.52mcg 5%

Pantothenic Acid 0.4mg 4%

Vitamin C 59.22mg 99%

Vitamin D 0IU 0%

Vitamin K 1.87mcg 2%

### Minerals:

Calcium 29.56mg 3%

Magnesium 25.15mg 6%

Phosphorus 18.75mg 2%

Potassium 232.64mg 7%

Copper 0.13mg 6%

Iron 0.95mg 5%

Zinc 0.32mg 2%

Manganese 0.95mg 47%

*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 2%

Calories from Carbohydrate 94%

Calories from Fat 4%

Poly/Sat Fat 7.8:1

Sodium/Potassium 0.2:1

Calcium/Phosphorus 1.6:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.02g 2%

Isoleucine 0.02g 3%

Leucine 0.04g 4%

Lysine 0.03g 4%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

Valine 0.01g 1%

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

### Other Amino Acids:

Alanine 0.02g Glycine 0.01g

Arginine 0.02g Proline 0.01g

Aspartic Acid 0.08g Serine 0.01g

Cystin 0g Tyrosine 0.01g

Glutamic Acid 0.05g

### Fatty Acids:

Linoleic 0.03g Oleic 0.01g

### Caloric Ratio:

Carbs 94%      Fats 4%      Protein 2%

### Good News:

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

Ingredients: Raspberry Juice, Cranberry Juice, Raspberry Sherbet, Pineapple Sherbet, Strawberries, Pineapple

