

# Nutrition Facts

## Strawnana

Serving Size 24 oz

### Amount Per Serving

**Calories** 391.31      **Calories from Fat** 7.83

### % Daily Value

**Total Fat** 0.77g      1%

Monounsaturat Fat 0.04g

Polyunsaturat Fat 0.12g

Saturat Fat 0.1g      1%

**Cholesterol** 0mg      0%

**Sodium** 86.22mg      4%

**Total Carbohydrate** 96.21g      32%

Dietary Fiber 4.83g      19%

Insoluble Fiber 0g

**Protein** 4.53g      9%

**Water** 511.53ml

**Caffeine** 0mg

### Vitamins:

Vitamin A      13.75RE      0%

Vitamin E      0.54mg      3%

Thiamin (B1)      0.65mg      43%

Riboflavin (B2)      0.15mg      9%

Niacin (B3)      1.43mg      7%

Vitamin B6      0.43mg      22%

Vitamin B12      0mcg      0%

Folacin (Folic Acid)      36.29mcg      9%

Pantothenic Acid      0.41mg      4%

Vitamin C      55.08mg      92%

Vitamin D      0IU      0%

Vitamin K      2.92mcg      4%

### Minerals:

Calcium      50.04mg      5%

Magnesium      47.81mg      12%

Phosphorus      54.89mg      5%

Potassium      827.63mg      24%

Copper      0.23mg      12%

Iron      2.09mg      12%

Zinc      0.37mg      2%

Manganese      0.85mg      43%

*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      94%

Calories from Fat      2%

Poly/Sat Fat      1.2:1

Sodium/Potassium      0.1:1

Calcium/Phosphorus      0.9:1

### Essential Amino Acids:

### % Daily Value\*

Histidine      0.07g      7%

Isoleucine      0.04g      6%

Leucine      0.08g      8%

Lysine      0.06g      7%

Methionine      0.01g      1%

Phenylalanine      0.06g      6%

Threonine      0.04g      8%

Tryptophan      0.01g      4%

Valine      0.05g      7%

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

### Other Amino Acids:

Alanine      0.06g      Glycine      0.05g

Arginine      0.06g      Proline      0.04g

Aspartic Acid      0.21g      Serine      0.05g

Cystin      0.01g      Tyrosine      0.02g

Glutamic Acid      0.2g

### Fatty Acids:

Linoleic      0.07g      Oleic      0.04g

### Caloric Ratio:

Carbs 95%      Fats 0%      Protein 5%

### Good News:

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

Ingredients: Apple Juice, Strawberry Yogurt, Strawberries, Bananas

