

Nutrition Facts

Sunrise Splendor

Serving Size 24 oz

Amount Per Serving

Calories 446.56 **Calories from Fat** 13.40

% Daily Value

Total Fat 1.77g 3%

Monounsaturat Fat 0.04g

Polyunsaturat Fat 0.11g

Saturated Fat 0.14g 1%

Cholesterol 5.75mg 2%

Sodium 34.43mg 1%

Total Carbohydrate 111.79g 37%

Dietary Fiber 3.63g 15%

Insoluble Fiber 0g

Protein 2.66g 5%

Water 210.43ml

Caffeine 0mg

Vitamins:

Vitamin A 6.8RE 0%

Vitamin E 0.31mg 2%

Thiamin (B1) 0.05mg 3%

Riboflavin (B2) 0.14mg 8%

Niacin (B3) 1.21mg 6%

Vitamin B6 0.27mg 14%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 28.35mcg 7%

Pantothenic Acid 0.31mg 3%

Vitamin C 51.88mg 86%

Vitamin D 0IU 0%

Vitamin K 2.21mcg 3%

Minerals:

Calcium 17.01mg 2%

Magnesium 31.53mg 8%

Phosphorus 32.59mg 3%

Potassium 389.75mg 11%

Copper 0.07mg 4%

Iron 0.82mg 5%

Zinc 0.35mg 2%

Manganese 0.44mg 22%

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 3%

Poly/Sat Fat 0.8:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.5:1

Essential Amino Acids:

% Daily Value*

Histidine 0.05g 5%

Isoleucine 0.03g 4%

Leucine 0.07g 7%

Lysine 0.05g 6%

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 0.05g Glycine 0.05g

Arginine 0.05g Proline 0.04g

Aspartic Acid 0.21g Serine 0.05g

Cystin 0.01g Tyrosine 0.03g

Glutamic Acid 0.17g

Fatty Acids:

Linoleic 0.07g Oleic 0.03g

Caloric Ratio:

Carbs 94% Fats 3% Protein 4%

Good News:

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

Ingredients: Raspberry Juice, Orange Sherbet, Strawberries, Bananas

