

# Nutrition Facts

## Sunrise Splendor

Serving Size 32 oz

### Amount Per Serving

**Calories** 481.86      **Calories from Fat** 14.46

### % Daily Value

**Total Fat** 1.77g      3%

Monounsaturat Fat 0.04g

Polyunsaturat Fat 0.11g

Saturat Fat 0.14g      1%

**Cholesterol** 5.75mg      2%

**Sodium** 36.28mg      2%

**Total Carbohydrate** 121.1g      40%

Dietary Fiber 3.63g      15%

Insoluble Fiber 0g

**Protein** 2.66g      5%

**Water** 302.89ml

**Caffeine** 0mg

### Vitamins:

Vitamin A      6.8RE      0%

Vitamin E      0.31mg      2%

Thiamin (B1)      0.05mg      3%

Riboflavin (B2)      0.15mg      9%

Niacin (B3)      1.3mg      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      18.86mg      2%

Magnesium      34.29mg      9%

Phosphorus      33.91mg      3%

Potassium      408.37mg      12%

Copper      0.08mg      4%

Iron      0.82mg      5%

Zinc      0.4mg      3%

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      95%

Calories from Fat      3%

Poly/Sat Fat      0.8:1

Sodium/Potassium      0.1:1

Calcium/Phosphorus      0.6:1

### 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

