

Nutrition Facts

Try A Papaya

Serving Size 24 oz

Amount Per Serving

Calories 467.65 **Calories from Fat** 18.71

% Daily Value

Total Fat 2.19g 3%

Monounsaturated Fat 0.09g

Polyunsaturated Fat 0.27g

Saturated Fat 0.13g 1%

Cholesterol 7.19mg 2%

Sodium 46.93mg 2%

Total Carbohydrate 112.5g 38%

Dietary Fiber 5.36g 21%

Insoluble Fiber 0g

Protein 3.05g 6%

Water 260.01ml

Caffeine 0mg

Vitamins:

Vitamin A 13.04RE 0%

Vitamin E 0.92mg 5%

Thiamin (B1) 0.06mg 4%

Riboflavin (B2) 0.13mg 8%

Niacin (B3) 1.2mg 6%

Vitamin B6 0.37mg 19%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 33.74mcg 8%

Pantothenic Acid 0.45mg 4%

Vitamin C 119.03mg 198%

Vitamin D 0IU 0%

Vitamin K 11.17mcg 14%

Minerals:

Calcium 19.85mg 2%

Magnesium 35.29mg 9%

Phosphorus 36mg 4%

Potassium 473.13mg 14%

Copper 0.12mg 6%

Iron 0.82mg 5%

Zinc 0.31mg 2%

Manganese 0.53mg 26%

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 93%

Calories from Fat 4%

Poly/Sat Fat 2.1:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.6:1

Essential Amino Acids:

% Daily Value*

Histidine 0.08g 8%

Isoleucine 0.04g 6%

Leucine 0.09g 9%

Lysine 0.07g 8%

Methionine 0.01g 1%

Phenylalanine 0.06g 6%

Threonine 0.04g 8%

Tryptophan 0.01g 4%

Valine 0.06g 9%

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

Other Amino Acids:

Alanine 0.07g Glycine 0.06g

Arginine 0.07g Proline 0.05g

Aspartic Acid 0.23g Serine 0.06g

Cystine 0.01g Tyrosine 0.03g

Glutamic Acid 0.23g

Fatty Acids:

Linoleic 0.17g Oleic 0.08g

Caloric Ratio:

Carbs 93% Fats 4% Protein 3%

Good News:

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

Ingredients: Papaya Juice, Pineapple Sherbet, Strawberries, Blueberries, Bananas

