

# Nutrition Facts

## Try A Papaya

Serving Size 32 oz

### Amount Per Serving

**Calories** 508.8      **Calories from Fat** 20.35

### % Daily Value

**Total Fat** 2.19g      3%

Monounsaturat Fat 0.09g

Polyunsaturat Fat 0.27g

Saturat Fat 0.13g      1%

**Cholesterol** 7.19mg      2%

**Sodium** 52.38mg      2%

**Total Carbohydrate** 122.25g      41%

Dietary Fiber 5.36g      21%

Insoluble Fiber 0g

**Protein** 3.05g      6%

**Water** 344.98ml

**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%

Folacin (Folic Acid)      33.74mcg      8%

Pantothenic Acid      0.45mg      4%

Vitamin C      141.53mg      236%

Vitamin D      0IU      0%

Vitamin K      11.17mcg      14%

### Minerals:

Calcium      21.55mg      2%

Magnesium      36.95mg      9%

Phosphorus      36mg      4%

Potassium      489.54mg      14%

Copper      0.13mg      6%

Iron      0.82mg      5%

Zinc      0.33mg      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      94%

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

Cystin      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

