

Nutrition Facts

Bananarama

Serving Size 32 oz

Amount Per Serving

Calories 407.25 **Calories from Fat** 4.07

% Daily Value

Total Fat 0.64g 1%

Monounsaturat Fat 0.17g

Polyunsaturat Fat 0.11g

Saturat Fat 0.47g 2%

Cholesterol 5.51mg 2%

Sodium 238.11mg 10%

Total Carbohydrate 88.81g 30%

Dietary Fiber 5.32g 21%

Insoluble Fiber 0g

Protein 14.68g 29%

Water 623.59ml

Caffeine 0mg

Vitamins:

Vitamin A 178.34RE 4%

Vitamin E 0.45mg 2%

Thiamin (B1) 0.16mg 11%

Riboflavin (B2) 0.59mg 35%

Niacin (B3) 1.11mg 6%

Vitamin B6 0.57mg 28%

Vitamin B12 1.46mcg 24%

Folacin (Folic Acid) 39.3mcg 10%

Pantothenic Acid 1.41mg 14%

Vitamin C 11.1mg 19%

Vitamin D 114.24IU 29%

Vitamin K 0.64mcg 1%

Minerals:

Calcium 262.76mg 26%

Magnesium 62.03mg 16%

Phosphorus 232.03mg 23%

Potassium 724.07mg 21%

Copper 0.16mg 8%

Iron 1.71mg 10%

Zinc 2.53mg 17%

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 14%

Calories from Carbohydrate 85%

Calories from Fat 1%

Poly/Sat Fat 0.2:1

Sodium/Potassium 0.3:1

Calcium/Phosphorus 1.1:1

Essential Amino Acids:

% Daily Value*

Histidine 0.3g 30%

Isoleucine 0.45g 64%

Leucine 0.99g 101%

Lysine 0.76g 90%

Methionine 0.18g 20%

Phenylalanine 0.46g 47%

Threonine 0.26g 53%

Tryptophan 0.12g 49%

Valine 0.56g 80%

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

Other Amino Acids:

Alanine 0.33g Glycine 0.19g

Arginine 0.26g Proline 0.98g

Aspartic Acid 0.83g Serine 0.51g

Cystin 0.35g Tyrosine 0.42g

Glutamic Acid 2.05g

Fatty Acids:

Linoleic 0.06g Oleic 0.08g

Caloric Ratio:

Carbs 86% Fats 1% Protein 13%

Good News:

This food is very low in Saturated Fat and Cholesterol.

Ingredients: Fat Free Milk, Vanilla Yogurt, Bananas

