

Nutrition Facts

Big Sky Blackberry

Serving Size 24 oz

Amount Per Serving

Calories 355.24 **Calories from Fat** 10.66

% Daily Value

Total Fat 1.13g 2%

Monounsaturated Fat 0.04g

Polyunsaturated Fat 0.15g

Saturated Fat 0.07g 0%

Cholesterol 3.37mg 1%

Sodium 58.99mg 2%

Total Carbohydrate 86.81g 29%

Dietary Fiber 4.35g 17%

Insoluble Fiber 0g

Protein 3.05g 6%

Water 166.61ml

Caffeine 0mg

Vitamins:

Vitamin A 10.97RE 0%

Vitamin E 0.44mg 2%

Thiamin (B1) 0.04mg 3%

Riboflavin (B2) 0.09mg 5%

Niacin (B3) 1mg 5%

Vitamin B6 0.25mg 13%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 21.39mcg 5%

Pantothenic Acid 0.3mg 3%

Vitamin C 13.37mg 22%

Vitamin D 0IU 0%

Vitamin K 8.24mcg 10%

Minerals:

Calcium 16.27mg 2%

Magnesium 31.36mg 8%

Phosphorus 26.46mg 3%

Potassium 340.59mg 10%

Copper 0.12mg 6%

Iron 0.4mg 2%

Zinc 0.49mg 3%

Manganese 0.41mg 20%

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 3%

Calories from Carbohydrate 94%

Calories from Fat 3%

Poly/Sat Fat 2.2:1

Sodium/Potassium .2:1

Calcium/Phosphorus .6:1

Essential Amino Acids:

% Daily Value*

Histidine 0.04g 4%

Isoleucine 0.02g 3%

Leucine 0.04g 4%

Lysine 0.03g 4%

Methionine 0g 0%

Phenylalanine 0.03g 3%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

Valine 0.03g 4%

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

Other Amino Acids:

Alanine 0.02g Glycine 0.02g

Arginine 0.03g Proline 0.02g

Aspartic Acid 0.07g Serine 0.02g

Cystine 0.01g Tyrosine 0.01g

Glutamic Acid 0.09g

Fatty Acids:

Linoleic 0.1g Oleic 0.03g

Caloric Ratio:

Carbs 94% Fats 3% Protein 3%

Good News:

This food is very low in Saturated Fat, Cholesterol and Sodium.

Ingredients: Raspberry Juice, Vanilla Yogurt, Raspberry Sherbet, Blackberries, Bananas

