

Nutrition Facts

Bustin Blues

Serving Size 32 oz

Amount Per Serving

Calories 652.59 **Calories from Fat** 52.21

% Daily Value

Total Fat 5.87g 9%

Monounsaturat Fat 1.37g

Polyunsaturat Fat 0.68g

Saturat Fat 2.8g 14%

Cholesterol 0mg 0%

Sodium 119.41mg 5%

Total Carbohydrate 148.48g 49%

Dietary Fiber 13.85g 55%

Insoluble Fiber 0g

Protein 5.95g 12%

Water 1125.49ml

Caffeine 0mg

Vitamins:

Vitamin A 66.47RE 1%

Vitamin E 2.27mg 11%

Thiamin (B1) 0.44mg 29%

Riboflavin (B2) 0.39mg 23%

Niacin (B3) 2.15mg 11%

Vitamin B6 0.59mg 29%

Vitamin B12 0.27mcg 5%

Folacin (Folic Acid) 147.48mcg 37%

Pantothenic Acid 1.47mg 15%

Vitamin C 124.67mg 208%

Vitamin D 0IU 0%

Vitamin K 25.08mcg 31%

Minerals:

Calcium 187.27mg 19%

Magnesium 84.24mg 21%

Phosphorus 168.49mg 17%

Potassium 1165.87mg 33%

Copper 0.45mg 22%

Iron 1.56mg 9%

Zinc 1.61mg 11%

Manganese 2.51mg 125%

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 4%

Calories from Carbohydrate 88%

Calories from Fat 8%

Poly/Sat Fat 0.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 1.1:1

Essential Amino Acids:

% Daily Value*

Histidine 0.12g 12%

Isoleucine 0.17g 24%

Leucine 0.29g 30%

Lysine 0.21g 25%

Methionine 0.07g 8%

Phenylalanine 0.16g 16%

Threonine 0.13g 27%

Tryptophan 0.04g 16%

Valine 0.2g 29%

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

Other Amino Acids:

Alanine 0.13g Glycine 0.09g

Arginine 0.16g Proline 0.27g

Aspartic Acid 0.31g Serine 0.16g

Cystin 0.04g Tyrosine 0.12g

Glutamic Acid 0.63g

Fatty Acids:

Linoleic 0.39g Oleic 1.25g

Caloric Ratio:

Carbs 89% Fats 8% Protein 3%

Good News:

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

Ingredients: Orange Juice, Pineapple Juice, Raspberry Sherbet, Blueberries, Bananas

