

# Nutrition Facts

## Carrot Fusion

Serving Size 24 oz

### Amount Per Serving

**Calories** 356.59      **Calories from Fat** 7.13

### % Daily Value

**Total Fat** 0.69g 1%

Monounsaturat Fat 0.04g

Polyunsaturat Fat 0.26g

Saturat Fat 0.12g 1%

**Cholesterol** 0mg 0%

**Sodium** 282.59mg 12%

**Total Carbohydrate** 83.42g 28%

Dietary Fiber 10.32g 41%

Insoluble Fiber 0g

**Protein** 7.08g 14%

**Water** 324.67ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 6383.36RE 128%

Vitamin E 1.16mg 6%

Thiamin (B1) 0.16mg 11%

Riboflavin (B2) 0.16mg 9%

Niacin (B3) 2.52mg 13%

Vitamin B6 0.47mg 23%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 51.68mcg 13%

Pantothenic Acid 0.76mg 8%

Vitamin C 17.16mg 29%

Vitamin D 0IU 0%

Vitamin K 30.24mcg 38%

### Minerals:

Calcium 82.35mg 8%

Magnesium 39.79mg 10%

Phosphorus 88.91mg 9%

Potassium 879.44mg 25%

Copper 0.14mg 7%

Iron 0.9mg 5%

Zinc 0.61mg 4%

Manganese 0.49mg 25%

*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 8%

Calories from Carbohydrate 91%

Calories from Fat 2%

Poly/Sat Fat 2.2:1

Sodium/Potassium 0.3:1

Calcium/Phosphorus 0.9:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.07g 7%

Isoleucine 0.1g 14%

Leucine 0.13g 13%

Lysine 0.11g 13%

Methionine 0.02g 2%

Phenylalanine 0.09g 9%

Threonine 0.1g 20%

Tryptophan 0.03g 12%

Valine 0.12g 17%

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

### Other Amino Acids:

Alanine 0.15g Glycine 0.08g

Arginine 0.12g Proline 0.08g

Aspartic Acid 0.36g Serine 0.1g

Cystin 0.02g Tyrosine 0.05g

Glutamic Acid 0.52g

### Fatty Acids:

Linoleic 0.25g Oleic 0.04g

### Caloric Ratio:

Carbs 90%      Fats 2%      Protein 8%

### Good News:

This food is very low in Saturated Fat and Cholesterol. It is also a good source of Dietary Fiber and Vitamin K, and a very good source of Vitamin A.

Ingredients: Carrots, Vanilla Yogurt, Bananas, Cinnamon

