

Nutrition Facts

Citrus Downpour

Serving Size 32 oz

Amount Per Serving

Calories 473.73 **Calories from Fat** 18.95

% Daily Value

Total Fat 2.1g 3%

Monounsaturated Fat 0.07g

Polyunsaturated Fat 0.17g

Saturated Fat 0.12g 1%

Cholesterol 7.5mg 3%

Sodium 47.73mg 2%

Total Carbohydrate 113.37g 38%

Dietary Fiber 5.45g 22%

Insoluble Fiber 0g

Protein 5.22g 10%

Water 1055.89ml

Caffeine 0mg

Vitamins:

Vitamin A 30.32RE 1%

Vitamin E 0.98mg 5%

Thiamin (B1) 0.37mg 25%

Riboflavin (B2) 0.19mg 11%

Niacin (B3) 1.95mg 10%

Vitamin B6 0.58mg 29%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 151.45mcg 38%

Pantothenic Acid 1.03mg 10%

Vitamin C 162.06mg 270%

Vitamin D 0IU 0%

Vitamin K 2.92mcg 4%

Minerals:

Calcium 75.7mg 8%

Magnesium 81.3mg 20%

Phosphorus 84.56mg 8%

Potassium 1169mg 33%

Copper 0.44mg 22%

Iron 1.94mg 11%

Zinc 0.62mg 4%

Manganese 2.77mg 138%

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 92%

Calories from Fat 4%

Poly/Sat Fat 1.4:1

Sodium/Potassium 0.0:1

Calcium/Phosphorus 0.9:1

Essential Amino Acids:

% Daily Value*

Histidine 0.07g 7%

Isoleucine 0.04g 6%

Leucine 0.08g 8%

Lysine 0.06g 7%

Methionine 0.01g 1%

Phenylalanine 0.06g 6%

Threonine 0.04g 8%

Tryptophan 0.01g 4%

Valine 0.05g 7%

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

Other Amino Acids:

Alanine 0.06g Glycine 0.05g

Arginine 0.06g Proline 0.04g

Aspartic Acid 0.21g Serine 0.05g

Cystine 0.01g Tyrosine 0.02g

Glutamic Acid 0.2g

Fatty Acids:

Linoleic 0.07g Oleic 0.04g

Caloric Ratio:

Carbs 91% Fats 4% Protein 5%

Good News:

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

Ingredients: Orange Juice, Pineapple Juice, Pineapple Sherbet, Strawberries, Bananas

