

Nutrition Facts

Crazy Cranberry

Serving Size 24 oz

Amount Per Serving

Calories 364.77 **Calories from Fat** 10.94

% Daily Value

Total Fat 1.2g 2%

Monounsaturat Fat 0.06g

Polyunsaturat Fat 0.23g

Saturat Fat 0.03g 0%

Cholesterol 3.24mg 1%

Sodium 72.38mg 3%

Total Carbohydrate 87.79g 29%

Dietary Fiber 3.88g 16%

Insoluble Fiber 0g

Protein 2.37g 5%

Water 706.44ml

Caffeine 0mg

Vitamins:

Vitamin A 11.92RE 0%

Vitamin E 0.74mg 4%

Thiamin (B1) 0.04mg 3%

Riboflavin (B2) 0.38mg 22%

Niacin (B3) 0.45mg 2%

Vitamin B6 0.09mg 5%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 10mcg 3%

Pantothenic Acid 0.6mg 6%

Vitamin C 40mg 67%

Vitamin D 0IU 0%

Vitamin K 14.07mcg 18%

Minerals:

Calcium 34.47mg 3%

Magnesium 18.24mg 5%

Phosphorus 15.07mg 2%

Potassium 106.37mg 3%

Copper 0.13mg 6%

Iron 0.55mg 3%

Zinc 0.29mg 2%

Manganese 0.36mg 18%

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 2%

Calories from Carbohydrate 95%

Calories from Fat 3%

Poly/Sat Fat 6.8:1

Sodium/Potassium 0.7:1

Calcium/Phosphorus 2.3:1

Essential Amino Acids:

% Daily Value*

Histidine 0g 0%

Isoleucine 0.01g 1%

Leucine 0.01g 1%

Lysine 0g 0%

Methionine 0g 0%

Phenylalanine 0.01g 1%

Threonine 0.01g 2%

Tryptophan 0g 0%

Valine 0.01g 1%

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

Other Amino Acids:

Alanine 0.01g Glycine 0.01g

Arginine 0.01g Proline 0.01g

Aspartic Acid 0.02g Serine 0.01g

Cystin 0g Tyrosine 0g

Glutamic Acid 0.03g

Fatty Acids:

Linoleic 0.14g Oleic 0.06g

Caloric Ratio:

Carbs 95% Fats 3% Protein 2%

Good News:

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

Ingredients: Cranberry Juice, Raspberry Sherbet, Vanilla Yogurt, Blueberries, Blackberries

