

Nutrition Facts

Goodness Grapacious

Serving Size 24 oz

Amount Per Serving

Calories 375.26 **Calories from Fat** 11.26

% Daily Value

Total Fat 1.2g 2%

Monounsaturat Fat 0.01g

Polyunsaturat Fat 0.14g

Saturated Fat 0.15g 1%

Cholesterol 3.75mg 1%

Sodium 70.79mg 3%

Total Carbohydrate 91.27g 30%

Dietary Fiber 2.28g 9%

Insoluble Fiber 0g

Protein 3.75g 8%

Water 666.48ml

Caffeine 0mg

Vitamins:

Vitamin A 12.42RE 0%

Vitamin E 1.12mg 6%

Thiamin (B1) 0.15mg 10%

Riboflavin (B2) 0.17mg 10%

Niacin (B3) 0.57mg 3%

Vitamin B6 0.22mg 11%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 6.08mcg 2%

Pantothenic Acid 0.12mg 1%

Vitamin C 75.04mg 125%

Vitamin D 0IU 0%

Vitamin K 20.7mcg 26%

Minerals:

Calcium 30.88mg 3%

Magnesium 23.27mg 6%

Phosphorus 38.35mg 4%

Potassium 232.22mg 7%

Copper 0.23mg 12%

Iron 0.76mg 4%

Zinc 0.2mg 1%

Manganese 0.55mg 28%

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 93%

Calories from Fat 3%

Poly/Sat Fat 0.9:1

Sodium/Potassium 0.2:1

Calcium/Phosphorus 0.8:1

Essential Amino Acids:

% Daily Value*

Histidine 0.03g 3%

Isoleucine 0.02g 3%

Leucine 0.03g 3%

Lysine 0.04g 5%

Methionine 0.01g 1%

Phenylalanine 0.03g 3%

Threonine 0.03g 6%

Tryptophan 0.02g 8%

Valine 0.03g 4%

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

Other Amino Acids:

Alanine 0.03g Glycine 0.02g

Arginine 0.18g Proline 0.11g

Aspartic Acid 0.05g Serine 0.03g

Cystin 0.01g Tyrosine 0.01g

Glutamic Acid 0.11g

Fatty Acids:

Linoleic 0.05g Oleic 0.01g

Caloric Ratio:

Carbs 93% Fats 3% Protein 4%

Good News:

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

Ingredients: Grape Juice, Pineapple Sherbet, Vanilla Yogurt, Grapes

