

# Nutrition Facts

## Gotcha Guava

Serving Size 24 oz

### Amount Per Serving

**Calories** 385.85      **Calories from Fat** 23.15

### % Daily Value

**Total Fat** 2.9g 4%

Monounsaturat Fat 0.54g

Polyunsaturat Fat 0.2g

Saturat Fat 1.06g 5%

**Cholesterol** 3.75mg 1%

**Sodium** 75.22mg 3%

**Total Carbohydrate** 98.26g 33%

Dietary Fiber 5.8g 23%

Insoluble Fiber 0g

**Protein** 3.26g 7%

**Water** 286.71ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 77.11RE 2%

Vitamin E 0.99mg 5%

Thiamin (B1) 0.16mg 11%

Riboflavin (B2) 0.17mg 10%

Niacin (B3) 1.53mg 8%

Vitamin B6 0.28mg 14%

Vitamin B12 0.1mcg 2%

Folacin (Folic Acid) 20.41mcg 5%

Pantothenic Acid 0.53mg 5%

Vitamin C 91.73mg 153%

Vitamin D 0IU 0%

Vitamin K 3.2mcg 4%

### Minerals:

Calcium 107.06mg 11%

Magnesium 34.04mg 9%

Phosphorus 246.36mg 25%

Potassium 677.22mg 19%

Copper 0.16mg 8%

Iron 0.53mg 3%

Zinc 0.68mg 5%

Manganese 0.21mg 10%

*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 3%

Calories from Carbohydrate 91%

Calories from Fat 6%

Poly/Sat Fat 0.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.4:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.08g 8%

Isoleucine 0.08g 11%

Leucine 0.15g 15%

Lysine 0.12g 14%

Methionine 0.04g 4%

Phenylalanine 0.09g 9%

Threonine 0.07g 14%

Tryptophan 0.03g 12%

Valine 0.1g 14%

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

### Other Amino Acids:

Alanine 0.08g Glycine 0.06g

Arginine 0.08g Proline 0.12g

Aspartic Acid 0.61g Serine 0.1g

Cystin 0.03g Tyrosine 0.06g

Glutamic Acid 0.31g

### Fatty Acids:

Linoleic 0.16g Oleic 0.5g

### Caloric Ratio:

Carbs 91%      Fats 6%      Protein 3%

### Good News:

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

Ingredients: Pog Juice, Pineapple Sherbet, Orange Sherbet, Peaches, Bananas

