

# Nutrition Facts

## Grape Beyond

Serving Size 24 oz

### Amount Per Serving

**Calories** 325.67      **Calories from Fat** 6.51

### % Daily Value

**Total Fat** 0.83g 1%

Monounsaturat Fat 0.09g

Polyunsaturat Fat 0.34g

Saturat Fat 0.12g 1%

**Cholesterol** 0mg 0%

**Sodium** 81.12mg 3%

**Total Carbohydrate** 78.89g 26%

Dietary Fiber 3.74g 15%

Insoluble Fiber 0g

**Protein** 4.08g 8%

**Water** 673.22ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 11.57RE 0%

Vitamin E 1.13mg 6%

Thiamin (B1) 0.09mg 6%

Riboflavin (B2) 0.13mg 8%

Niacin (B3) 1mg 5%

Vitamin B6 0.17mg 9%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 18.84mcg 5%

Pantothenic Acid 0.22mg 2%

Vitamin C 85.21mg 142%

Vitamin D 0IU 0%

Vitamin K 15.2mcg 19%

### Minerals:

Calcium 32.51mg 3%

Magnesium 23.8mg 6%

Phosphorus 26.72mg 3%

Potassium 182.32mg 5%

Copper 0.1mg 5%

Iron 0.83mg 5%

Zinc 0.23mg 2%

Manganese 0.74mg 37%

*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 5%

Calories from Carbohydrate 92%

Calories from Fat 2%

Poly/Sat Fat 2.8:1

Sodium/Potassium 0.4:1

Calcium/Phosphorus 1.2:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.01g 1%

Isoleucine 0.02g 3%

Leucine 0.03g 3%

Lysine 0.02g 2%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0g 0%

Valine 0.02g 3%

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

### Other Amino Acids:

Alanine 0.03g Glycine 0.02g

Arginine 0.03g Proline 0.02g

Aspartic Acid 0.08g Serine 0.02g

Cystin 0.01g Tyrosine 0.01g

Glutamic Acid 0.08g

### Fatty Acids:

Linoleic 0.16g Oleic 0.08g

### Caloric Ratio:

Carbs 93%      Fats 2%      Protein 5%

### Good News:

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

Ingredients: Grape Juice, Strawberry Yogurt, Blueberries, Strawberries

