

# Nutrition Facts

## Junga Columba

Serving Size 24 oz

### Amount Per Serving

**Calories** 305.11      **Calories from Fat** 6.10

### % Daily Value

**Total Fat** 0.57g 1%

Monounsaturat Fat 0.1g

Polyunsaturat Fat 0.17g

Saturat Fat 0.41g 2%

**Cholesterol** 4.29mg 1%

**Sodium** 244.64mg 10%

**Total Carbohydrate** 63.28g 21%

Dietary Fiber 1.92g 8%

Insoluble Fiber 0g

**Protein** 11.2g 22%

**Water** 549.78ml

**Caffeine** 381.14mg

### Vitamins:

Vitamin A 130.77RE 3%

Vitamin E 0.09mg 0%

Thiamin (B1) 0.1mg 7%

Riboflavin (B2) 0.7mg 41%

Niacin (B3) 9.08mg 45%

Vitamin B6 0.08mg 4%

Vitamin B12 1.14mcg 19%

Folacin (Folic Acid) 12.59mcg 3%

Pantothenic Acid 0.81mg 8%

Vitamin C 0.34mg 1%

Vitamin D 88.85IU 22%

Vitamin K 0.19mcg 0%

### Minerals:

Calcium 203.96mg 20%

Magnesium 160.48mg 40%

Phosphorus 175.62mg 18%

Potassium 421.06mg 12%

Copper 0.15mg 8%

Iron 1.4mg 8%

Zinc 1.95mg 13%

Manganese 0.19mg 9%

*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 15%

Calories from Carbohydrate 83%

Calories from Fat 2%

Poly/Sat Fat 0.4:1

Sodium/Potassium 0.6:1

Calcium/Phosphorus 1.2:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.16g 16%

Isoleucine 0.32g 46%

Leucine 0.7g 71%

Lysine 0.54g 64%

Methionine 0.13g 14%

Phenylalanine 0.31g 32%

Threonine 0.18g 37%

Tryptophan 0.09g 37%

Valine 0.39g 56%

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

### Other Amino Acids:

Alanine 0.21g Glycine 0.11g

Arginine 0.15g Proline 0.74g

Aspartic Acid 0.52g Serine 0.36g

Cystin 0.26g Tyrosine 0.32g

Glutamic Acid 1.44g

### Fatty Acids:

Linoleic 0.16g Oleic 0.04g

### Caloric Ratio:

Carbs 84%      Fats 2%      Protein 14%

### Good News:

This food is very low in Saturated Fat and Cholesterol. It is also a good source of Riboflavin, Niacin and Magnesium.

Ingredients: Fat Free Milk, Vanilla Yogurt, Chocolate Syrup, Cappuccino

