

Nutrition Facts

Junga Columba

Serving Size 32 oz

Amount Per Serving

Calories 328.62 **Calories from Fat** 6.57

% Daily Value

Total Fat 0.62g 1%

Monounsaturat Fat 0.13g

Polyunsaturat Fat 0.18g

Saturat Fat 0.49g 2%

Cholesterol 5.67mg 2%

Sodium 276.6mg 12%

Total Carbohydrate 66.71g 22%

Dietary Fiber 1.92g 8%

Insoluble Fiber 0g

Protein 13.53g 27%

Water 690.04ml

Caffeine 361.14mg

Vitamins:

Vitamin A 172.94RE 3%

Vitamin E 0.12mg 1%

Thiamin (B1) 0.13mg 9%

Riboflavin (B2) 0.82mg 48%

Niacin (B3) 9.14mg 46%

Vitamin B6 0.11mg 5%

Vitamin B12 1.5mcg 25%

Folacin (Folic Acid) 16.05mcg 4%

Pantothenic Acid 1.06mg 11%

Vitamin C 0.34mg 1%

Vitamin D 117.5IU 29%

Vitamin K 0.19mcg 0%

Minerals:

Calcium 268.42mg 27%

Magnesium 167.47mg 42%

Phosphorus 226.77mg 23%

Potassium 488.11mg 14%

Copper 0.17mg 9%

Iron 1.75mg 10%

Zinc 2.54mg 17%

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 17%

Calories from Carbohydrate 82%

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 0.21g 21%

Isoleucine 0.43g 61%

Leucine 0.93g 95%

Lysine 0.71g 85%

Methionine 0.18g 20%

Phenylalanine 0.41g 42%

Threonine 0.23g 47%

Tryptophan 0.11g 45%

Valine 0.51g 73%

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

Other Amino Acids:

Alanine 0.28g Glycine 0.14g

Arginine 0.2g Proline 0.97g

Aspartic Acid 0.69g Serine 0.48g

Cystin 0.35g Tyrosine 0.42g

Glutamic Acid 1.91g

Fatty Acids:

Linoleic 0.16g Oleic 0.05g

Caloric Ratio:

Carbs Fats Protein

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

