

Nutrition Facts

Minglin Mango

Serving Size 32 oz

Amount Per Serving

Calories 363.71 **Calories from Fat** 14.55

% Daily Value

Total Fat 1.81g 3%

Monounsaturat Fat 0.11g

Polyunsaturat Fat 0.06g

Saturat Fat 0.07g 0%

Cholesterol 7.5mg 3%

Sodium 63.85mg 3%

Total Carbohydrate 99.53g 33%

Dietary Fiber 2.04g 8%

Insoluble Fiber 0g

Protein 2.08g 4%

Water 358.8ml

Caffeine 0mg

Vitamins:

Vitamin A 441.13RE 9%

Vitamin E 1.27mg 6%

Thiamin (B1) 0.19mg 13%

Riboflavin (B2) 0.1mg 6%

Niacin (B3) 0.98mg 5%

Vitamin B6 0.22mg 11%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 15.88mcg 4%

Pantothenic Acid 0.18mg 2%

Vitamin C 136.41mg 227%

Vitamin D 0IU 0%

Vitamin K 4.76mcg 6%

Minerals:

Calcium 86.67mg 9%

Magnesium 16.67mg 4%

Phosphorus 262.72mg 26%

Potassium 460.4mg 13%

Copper 0.16mg 8%

Iron 0.15mg 1%

Zinc 0.05mg 0%

Manganese 0.03mg 1%

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 2%

Calories from Carbohydrate 94%

Calories from Fat 4%

Poly/Sat Fat 0.8:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.3:1

Essential Amino Acids:

% Daily Value*

Histidine 0.01g 1%

Isoleucine 0.02g 3%

Leucine 0.04g 4%

Lysine 0.05g 6%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

Valine 0.03g 4%

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

Other Amino Acids:

Alanine 0.06g Glycine 0.02g

Arginine 0.02g Proline 0.2g

Aspartic Acid 0.05g Serine 0.2g

Cystin 0g Tyrosine 0.01g

Glutamic Acid 0.07g

Fatty Acids:

Linoleic 0.02g Oleic 0.06g

Caloric Ratio:

Carbs 94% Fats 4% Protein 2%

Good News:

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

Ingredients: Pog Juice, Pineapple Sherbet, Mango

