

# Nutrition Facts

## Orange U Grape

Serving Size 32 oz

### Amount Per Serving

**Calories** 526.5      **Calories from Fat** 26.33

### % Daily Value

**Total Fat** 3.11g      5%

Monounsaturat Fat 0.45g

Polyunsaturat Fat 0.29g

Saturat Fat 1.17g      6%

**Cholesterol** 3.75mg      1%

**Sodium** 70.87mg      3%

**Total Carbohydrate** 126.71g      42%

Dietary Fiber 6.39g      26%

Insoluble Fiber 0g

**Protein** 4.17g      8%

**Water** 1002.04ml

**Caffeine** 0mg

### Vitamins:

Vitamin A      30.89RE      1%

Vitamin E      1.45mg      7%

Thiamin (B1)      0.21mg      14%

Riboflavin (B2)      0.33mg      19%

Niacin (B3)      1.28mg      6%

Vitamin B6      0.59mg      29%

Vitamin B12      0.09mcg      2%

Folacin (Folic Acid)      29.53mcg      7%

Pantothenic Acid      0.59mg      6%

Vitamin C      104.88mg      175%

Vitamin D      0IU      0%

Vitamin K      21.12mcg      26%

### Minerals:

Calcium      83.35mg      8%

Magnesium      57.03mg      14%

Phosphorus      91.25mg      9%

Potassium      718.32mg      21%

Copper      0.34mg      17%

Iron      1.17mg      6%

Zinc      0.73mg      5%

Manganese      0.92mg      46%

*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      92%

Calories from Fat      5%

Poly/Sat Fat      0.2:1

Sodium/Potassium      0.1:1

Calcium/Phosphorus      0.9:1

### Essential Amino Acids:

### % Daily Value\*

Histidine      0.12g      12%

Isoleucine      0.09g      13%

Leucine      0.16g      16%

Lysine      0.14g      17%

Methionine      0.04g      4%

Phenylalanine      0.11g      11%

Threonine      0.09g      18%

Tryptophan      0.03g      12%

Valine      0.12g      17%

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

### Other Amino Acids:

Alanine      0.09g      Glycine      0.07g

Arginine      0.26g      Proline      0.22g

Aspartic Acid      0.23g      Serine      0.11g

Cystin      0.03g      Tyrosine      0.06g

Glutamic Acid      0.4g

### Fatty Acids:

Linoleic      0.13g      Oleic      0.41g

### Caloric Ratio:

Carbs 92%      Fats 5%      Protein 3%

### Good News:

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

Ingredients: Grape Juice, Pineapple Sherbet, Orange Sherbet, Grapes, Bananas

