

Nutrition Facts

Peanut Butter Binge

Serving Size 32 oz

Amount Per Serving

Calories 769.86 **Calories from Fat** 261.75

% Daily Value

Total Fat 30.35g 47%

Monounsaturat Fat 14.2g

Polyunsaturat Fat 8.53g

Saturat Fat 6.14g 31%

Cholesterol 6.12mg 2%

Sodium 569.43mg 24%

Total Carbohydrate 102.96g 34%

Dietary Fiber 7.56g 30%

Insoluble Fiber 0g

Protein 29.65g 59%

Water 631.3ml

Caffeine 1.05mg

Vitamins:

Vitamin A 193.62RE 4%

Vitamin E 6.03mg 30%

Thiamin (B1) 0.21mg 14%

Riboflavin (B2) 0.69mg 41%

Niacin (B3) 8.49mg 42%

Vitamin B6 0.68mg 34%

Vitamin B12 1.62mcg 27%

Folacin (Folic Acid) 74.63mcg 19%

Pantothenic Acid 2.13mg 21%

Vitamin C 7.4mg 12%

Vitamin D 126.93IU 32%

Vitamin K 0.91mcg 1%

Minerals:

Calcium 318.77mg 32%

Magnesium 159.07mg 40%

Phosphorus 443.16mg 44%

Potassium 949.53mg 27%

Copper 0.49mg 25%

Iron 3.04mg 17%

Zinc 4.48mg 30%

Manganese 1.34mg 67%

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 51%

Calories from Fat 34%

Poly/Sat Fat 1.4:1

Sodium/Potassium 0.6:1

Calcium/Phosphorus 0.7:1

Essential Amino Acids:

% Daily Value*

Histidine 0.68g 68%

Isoleucine 0.99g 141%

Leucine 1.99g 203%

Lysine 1.33g 158%

Methionine 0.37g 41%

Phenylalanine 1.23g 126%

Threonine 0.76g 155%

Tryptophan 0.27g 110%

Valine 1.19g 170%

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

Other Amino Acids:

Alanine 0.91g Glycine 1.05g

Arginine 1.97g Proline 1.71g

Aspartic Acid 2.59g Serine 1.25g

Cystin 0.57g Tyrosine 1.04g

Glutamic Acid 5.18g

Fatty Acids:

Linoleic 8.44g Oleic 13.68g

Caloric Ratio:

Carbs 50% Fats 35% Protein 15%

Good News:

This food is very low in Cholesterol.

Ingredients: Fat Free Milk, Vanilla Yogurt, Chocolate Syrup, Bananas, Peanut Butter

