

# Nutrition Facts

## Perfectly Peachy

Serving Size 24 oz

### Amount Per Serving

**Calories** 379.11      **Calories from Fat** 3.79

### % Daily Value

**Total Fat** 0.35g 1%

Monounsaturat Fat 0.1g

Polyunsaturat Fat 0.14g

Saturat Fat 0.03g 0%

**Cholesterol** 0mg 0%

**Sodium** 110.02mg 5%

**Total Carbohydrate** 92.98g 31%

Dietary Fiber 5.26g 21%

Insoluble Fiber 0g

**Protein** 4.96g 10%

**Water** 571.41ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 150.25RE 3%

Vitamin E 0.83mg 4%

Thiamin (B1) 0.04mg 3%

Riboflavin (B2) 0.08mg 5%

Niacin (B3) 1.9mg 9%

Vitamin B6 0.05mg 3%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 7.96mcg 2%

Pantothenic Acid 0.41mg 4%

Vitamin C 25.63mg 43%

Vitamin D 0IU 0%

Vitamin K 6.37mcg 8%

### Minerals:

Calcium 27.47mg 3%

Magnesium 25.68mg 6%

Phosphorus 43.22mg 4%

Potassium 352.41mg 10%

Copper 0.33mg 17%

Iron 0.93mg 5%

Zinc 0.47mg 3%

Manganese 0.13mg 6%

*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 5%

Calories from Carbohydrate 94%

Calories from Fat 1%

Poly/Sat Fat 4.8:1

Sodium/Potassium 0.3:1

Calcium/Phosphorus 0.6:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.01g 1%

Isoleucine 0.02g 3%

Leucine 0.03g 3%

Lysine 0.03g 4%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

Valine 0.02g 3%

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

### Other Amino Acids:

Alanine 0.03g Glycine 0.02g

Arginine 0.02g Proline 0.02g

Aspartic Acid 0.47g Serine 0.04g

Cystin 0.01g Tyrosine 0.02g

Glutamic Acid 0.06g

### Fatty Acids:

Linoleic 0.13g Oleic 0.1g

### Caloric Ratio:

Carbs 94%      Fats 1%      Protein 5%

### Good News:

This food is low in Sodium, and very low in Saturat Fat and Cholesterol. It is also a good source of Vitamin C.

Ingredients: Peach Juice, Vanilla Yogurt, Peaches

