

# Nutrition Facts

## Raspberry Roar

Serving Size 32 oz

### Amount Per Serving

**Calories** 455.41      **Calories from Fat** 22.77

### % Daily Value

**Total Fat** 2.52g      4%

Monounsaturated Fat 0.1g

Polyunsaturated Fat 0.49g

Saturated Fat 0.12g      1%

**Cholesterol** 6.75mg      2%

**Sodium** 35.53mg      1%

**Total Carbohydrate** 110.98g      37%

Dietary Fiber 9.56g      38%

Insoluble Fiber 0g

**Protein** 3.03g      6%

**Water** 337.87ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 21.49RE      0%

Vitamin E 0.74mg      4%

Thiamin (B1) 0.08mg      5%

Riboflavin (B2) 0.15mg      9%

Niacin (B3) 1.69mg      8%

Vitamin B6 0.4mg      20%

Vitamin B12 0mcg      0%

Folic Acid (Folic Acid) 40.69mcg      10%

Pantothenic Acid 0.65mg      6%

Vitamin C 37.05mg      62%

Vitamin D 0IU      0%

Vitamin K 9.27mcg      12%

### Minerals:

Calcium 36.12mg      4%

Magnesium 58.38mg      15%

Phosphorus 57.87mg      6%

Potassium 563.64mg      16%

Copper 0.18mg      9%

Iron 1mg      6%

Zinc 0.84mg      6%

Manganese 0.99mg      50%

*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 4.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.6:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.06g      6%

Isoleucine 0.02g      3%

Leucine 0.06g      6%

Lysine 0.04g      5%

Methionine 0.01g      1%

Phenylalanine 0.04g      4%

Threonine 0.02g      4%

Tryptophan 0.01g      4%

Valine 0.04g      6%

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

### Other Amino Acids:

Alanine 0.03g      Glycine 0.03g

Arginine 0.04g      Proline 0.02g

Aspartic Acid 0.1g      Serine 0.03g

Cystine 0.01g      Tyrosine 0.01g

Glutamic Acid 0.13g

### Fatty Acids:

Linoleic 0.32g      Oleic 0.09g

### Caloric Ratio:

Carbs 92%      Fats 5%      Protein 3%

### Good News:

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

Ingredients: Raspberry Juice, Raspberry Sherbet, Raspberries, Bananas

