

Nutrition Facts

Starburst

Serving Size 32 oz

Amount Per Serving

Calories 440.67 **Calories from Fat** 17.63

% Daily Value

Total Fat 1.76g 3%

Monounsaturated Fat 0.03g

Polyunsaturated Fat 0.11g

Saturated Fat 0.01g 0%

Cholesterol 7.12mg 2%

Sodium 47.12mg 2%

Total Carbohydrate 108.12g 36%

Dietary Fiber 2.5g 10%

Insoluble Fiber 0g

Protein 1.64g 3%

Water 682.36ml

Caffeine 0mg

Vitamins:

Vitamin A 6.73RE 0%

Vitamin E 0.27mg 1%

Thiamin (B1) 0.08mg 5%

Riboflavin (B2) 0.34mg 20%

Niacin (B3) 0.84mg 4%

Vitamin B6 0.12mg 6%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 18.52mcg 5%

Pantothenic Acid 0.48mg 5%

Vitamin C 65.31mg 109%

Vitamin D 0IU 0%

Vitamin K 1.87mcg 2%

Minerals:

Calcium 35.17mg 4%

Magnesium 29.22mg 7%

Phosphorus 20.42mg 2%

Potassium 253.81mg 7%

Copper 0.15mg 8%

Iron 1mg 6%

Zinc 0.38mg 3%

Manganese 0.97mg 49%

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 7.8:1

Sodium/Potassium 0.2:1

Calcium/Phosphorus 1.7:1

Essential Amino Acids:

% Daily Value*

Histidine 0.02g 2%

Isoleucine 0.02g 3%

Leucine 0.04g 4%

Lysine 0.03g 4%

Methionine 0.01g 1%

Phenylalanine 0.02g 2%

Threonine 0.02g 4%

Tryptophan 0.01g 4%

Valine 0.01g 1%

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

Other Amino Acids:

Alanine 0.02g Glycine 0.01g

Arginine 0.02g Proline 0.01g

Aspartic Acid 0.08g Serine 0.01g

Cystine 0g Tyrosine 0.01g

Glutamic Acid 0.05g

Fatty Acids:

Linoleic 0.03g Oleic 0.01g

Caloric Ratio:

Carbs 94% Fats 4% Protein 2%

Good News:

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

Ingredients: Raspberry Juice, Cranberry Juice, Raspberry Sherbet, Pineapple Sherbet, Strawberries, Pineapple

