

# Nutrition Facts

## Stramoothie

Serving Size 24 oz

### Amount Per Serving

**Calories** 570.77      **Calories from Fat** 22.83

### % Daily Value

**Total Fat** 2.75g 4%

Monounsaturat Fat 0.72g

Polyunsaturat Fat 0.47g

Saturat Fat 1.51g 8%

**Cholesterol** 13.08mg 4%

**Sodium** 308.39mg 13%

**Total Carbohydrate** 129.333g 43%

Dietary Fiber 3.97g 16%

Insoluble Fiber 0g

**Protein** 14.7g 29%

**Water** 410.58ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 162.52RE 3%

Vitamin E 0.51mg 3%

Thiamin (B1) 0.28mg 19%

Riboflavin (B2) 0.76mg 45%

Niacin (B3) 2.55mg 13%

Vitamin B6 0.44mg 22%

Vitamin B12 1.36mcg 23%

Folacin (Folic Acid) 52.68mcg 13%

Pantothenic Acid 1.34mg 13%

Vitamin C 52.84mg 88%

Vitamin D 88.85IU 22%

Vitamin K 3.26mcg 4%

### Minerals:

Calcium 298.27mg 30%

Magnesium 70.32mg 18%

Phosphorus 288.48mg 29%

Potassium 751.7mg 21%

Copper 0.17mg 9%

Iron 2.21mg 12%

Zinc 2.32mg 15%

Manganese 0.6mg 30%

*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 10%

Calories from Carbohydrate 86%

Calories from Fat 4%

Poly/Sat Fat 0.3:1

Sodium/Potassium 0.4:1

Calcium/Phosphorus 1.0:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.28g 28%

Isoleucine 0.45g 64%

Leucine 0.96g 98%

Lysine 0.69g 82%

Methionine 0.18g 20%

Phenylalanine 0.47g 48%

Threonine 0.3g 61%

Tryptophan 0.13g 53%

Valine 0.54g 77%

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

### Other Amino Acids:

Alanine 0.39g Glycine 0.23g

Arginine 0.33g Proline 1.12g

Aspartic Acid 0.99g Serine 0.59g

Cystin 0.34g Tyrosine 0.44g

Glutamic Acid 2.33g

### Fatty Acids:

Linoleic 0.36g Oleic 0.58g

### Caloric Ratio:

Carbs 85%      Fats 4%      Protein 11%

### Good News:

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

Ingredients: Fat Free Milk, Strawberry Yogurt, Strawberries, Bananas, Honey, Malt

