

# Nutrition Facts

## Stramoothie

Serving Size 32 oz

### Amount Per Serving

**Calories** 602 **Calories from Fat** 24.08

### % Daily Value

**Total Fat** 2.62g 4%

Monounsaturated Fat 0.76g

Polyunsaturated Fat 0.48g

Saturated Fat 1.62g 8%

**Cholesterol** 14.91mg 5%

**Sodium** 350.52mg 15%

**Total Carbohydrate** 133.88g 45%

Dietary Fiber 3.97g 16%

Insoluble Fiber 0g

**Protein** 17.8g 36%

**Water** 579ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 218.56RE 4%

Vitamin E 0.55mg 3%

Thiamin (B1) 0.32mg 21%

Riboflavin (B2) 0.93mg 55%

Niacin (B3) 2.64mg 13%

Vitamin B6 0.48mg 24%

Vitamin B12 1.84mcg 31%

Folic Acid (Folic Acid) 57.27mcg 14%

Pantothenic Acid 1.67mg 17%

Vitamin C 52.84mg 88%

Vitamin D 126.93IU 32%

Vitamin K 3.26mcg 4%

### Minerals:

Calcium 383.58mg 38%

Magnesium 79.44mg 20%

Phosphorus 356.47mg 36%

Potassium 840.81mg 24%

Copper 0.19mg 9%

Iron 2.67mg 15%

Zinc 3.1mg 21%

Manganese 0.63mg 31%

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 11%

Calories from Carbohydrate 85%

Calories from Fat 4%

Poly/Sat Fat 0.3:1

Sodium/Potassium 0.4:1

Calcium/Phosphorus 1.1:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.35g 35%

Isoleucine 0.59g 84%

Leucine 1.26g 129%

Lysine 0.92g 110%

Methionine 0.24g 26%

Phenylalanine 0.6g 61%

Threonine 0.37g 76%

Tryptophan 0.17g 69%

Valine 0.71g 101%

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

### Other Amino Acids:

Alanine 0.48g Glycine 0.27g

Arginine 0.4g Proline 1.44g

Aspartic Acid 1.21g Serine 0.74g

Cystine 0.45g Tyrosine 0.57g

Glutamic Acid 2.95g

### Fatty Acids:

Linoleic 0.36g Oleic 0.6g

### Caloric Ratio:

Carbs 85% Fats 4% Protein 11%

### Good News:

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

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

