

Nutrition Facts

Strawnana

Serving Size 32 oz

Amount Per Serving

Calories 433.58 **Calories from Fat** 8.67

% Daily Value

Total Fat 0.88g 1%

Monounsaturated Fat 0.04g

Polyunsaturated Fat 0.12g

Saturated Fat 0.1g 1%

Cholesterol 0mg 0%

Sodium 92.14mg 4%

Total Carbohydrate 106.69g 36%

Dietary Fiber 4.9g 20%

Insoluble Fiber 0g

Protein 4.57g 9%

Water 677.36ml

Caffeine 0mg

Vitamins:

Vitamin A 14.47RE 0%

Vitamin E 0.54mg 3%

Thiamin (B1) 0.83mg 55%

Riboflavin (B2) 0.17mg 10%

Niacin (B3) 1.53mg 8%

Vitamin B6 0.46mg 23%

Vitamin B12 0mcg 0%

Folic Acid (Folic Acid) 36.29mcg 9%

Pantothenic Acid 0.41mg 4%

Vitamin C 55.37mg 92%

Vitamin D 0IU 0%

Vitamin K 2.92mcg 4%

Minerals:

Calcium 59.57mg 6%

Magnesium 52.15mg 13%

Phosphorus 61.32mg 6%

Potassium 934.22mg 27%

Copper 0.26mg 13%

Iron 2.39mg 13%

Zinc 0.4mg 3%

Manganese 0.93mg 47%

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 4%

Calories from Carbohydrate 94%

Calories from Fat 2%

Poly/Sat Fat 1.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 1.0:1

Essential Amino Acids:

% Daily Value*

Histidine 0.07g 7%

Isoleucine 0.04g 6%

Leucine 0.08g 8%

Lysine 0.06g 7%

Methionine 0.01g 1%

Phenylalanine 0.06g 6%

Threonine 0.04g 8%

Tryptophan 0.01g 4%

Valine 0.05g 7%

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

Other Amino Acids:

Alanine 0.06g Glycine 0.05g

Arginine 0.06g Proline 0.04g

Aspartic Acid 0.21g Serine 0.05g

Cystin 0.01g Tyrosine 0.02g

Glutamic Acid 0.2g

Fatty Acids:

Linoleic 0.07g Oleic 0.04g

Caloric Ratio:

Carbs 95% Fats 0% Protein 5%

Good News:

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

Ingredients: Apple Juice, Strawberry Yogurt, Strawberries, Bananas

