



Juice Concentrates, Purees & Essences Since 1974

### Nutritional Information

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/ CALCULATION	METHOD/ COMMENTS
<b>PROXIMATES</b>				
Water	g	67.73	Calculation	USDA National Nutrition Database
Energy	kcal	104.61	"	"
Protein	g	2.58	"	"
Total lipid (fat)	g	0.58	"	"
Carbohydrate, by difference	g	27.11	"	"
Fiber, total dietary	g	2.77	"	"
Sugars, total	g	24.18	"	"
Sugars, added	g	0.00	"	"
<b>MINERALS</b>				
Calcium, Ca	mg	27.69	"	"
Iron, Fe	mg	0.65	"	"
Magnesium, Mg	mg	36.92	"	"
Phosphorus, P	mg	46.15	"	"
Potassium, K	mg	821.53	"	"
Sodium, Na	mg	49.23	"	"
Zinc, Zn	mg	0.55	"	"
<b>VITAMINS</b>				
Vitamin C, total ascorbic acid	mg	112.92	"	"
Thiamin	mg	0.13	"	"
Riboflavin	mg	0.058	"	"
Niacin	mg	2.26	"	"
Vitamin B-6	mg	0.22	"	"
Folate, DFE	µg	64.61	"	"
Vitamin B-12	µg	0.00	"	"
Vitamin A, RAE	µg	520.00	"	"
Vitamin A, IU	IU	10406.08	"	"
Vitamin E (alpha-tocopherol)	mg	0.15	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"



Juice Concentrates, Purees & Essences Since 1974

Vitamin K (phylloquinone)	µg	7.69	“	“
<b>LIPIDS</b>				
Fatty acids, total saturated	g	0.16	“	“
Fatty acids, total monounsaturated	g	0.009	“	“
Fatty acids, total polyunsaturated	g	0.25	“	“
Fatty acids, total trans	g	0.00	“	“
Cholesterol	mg	0.00	“	“
<b>OTHER</b>				
Caffeine	mg	0.00	“	“
Ash	g	2.00	“	“

*For informational purposes only*

*Greenwood Associates Inc. cannot guarantee the specific accuracy of the data herein.*