

68475

Mix- Royal

Ingredients: Papaya, Orange Peel, Lemon Peel, Cherries, Corn Syrup, Sugar, Citric Acid, Malic Acid, Sodium Benzoate (preservative), Natural and Artificial Flavor, FD&C Red 40, Yellow 5 and Blue 1, Sulfur Dioxide (preservative).

Nutrients	Total per 100g
Basic Components	
Gram Weight (g)	100
Calories (kcal)	298.13
Calories from Fat (kcal)	2.1672
Calories from SatFat (kcal)	0.55368
Protein (g)	0.7824
Carbohydrates (g)	74.4176
Total Dietary Fiber (g)	4.208
Total Soluble Fiber (g)	0.5936
Total Sugars (g)	57.4424
Added Sugar (g)	48.0224
Monosaccharides (g)	0
Disaccharides (g)	0
Other Carbs (g)	16.9684
Fat (g)	0.2408
Saturated Fat (g)	0.06152
Mono Fat (g)	0.06068
Poly Fat (g)	0.05408
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	24.062
Ash (g)	0.4972
Total grams	100

Vitamins	
Vitamin A - IU (IU)	334.52
Vitamin A - RE (RE)	31.96
Vitamin A - RAE (mcg)	16.44
Carotenoid RE (RE)	64.6
Retinol RE (RE)	0
Beta-Carotene (mcg)	93.16
Vitamin B1 (mg)	0.0136
Vitamin B2 (mg)	0.0204
Vitamin B3 (mg)	0.2448

Nutrition Facts		
See Below servings per container		
Serving Size	1 Tbsp (15g)	
Amount per serving		
Calories		40
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 11g		4%
Dietary Fiber 1g		2%
Total Sugars 9g		
Includes 7g Added Sugars		14%
Protein 0g		
Vitamin D 0mcg		0%
Calcium 0mg		0%
Iron 0mg		0%
Potassium 0mg		0%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9 * Carbohydrate 4 * Protein 4		

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Vitamin B3 - Niacin Equiv (mg)	0.38248
Vitamin B6 (mg)	0.04288
Vitamin B12 (mcg)	0
Biotin (mcg)	0
Vitamin C (mg)	2.24
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.2264
Folate (mcg)	0
Folate , DFE (mcg DFE)	1.28
Vitamin K (mcg)	2.032
Panthenic Acid (mg)	0.1292
Minerals	
Calcium (mg)	17.9512
Chromium (mcg)	0.0456
Copper (mg)	0.0344
Flouride (mg)	0.0076
Iodine (mcg)	0
Iron (mg)	0.2864
Magnesium (mg)	17.8604
Manganese (mg)	0.0272
Molybdenum (mcg)	0.0396
Phosphorus (mg)	13.8228
Potassium (mg)	221.2996
Selenium (mcg)	0.4584
Sodium (mg)	22.3264
Zinc (mg)	0.0772
Poly Fats	
Omega 3 Fatty Acid (g)	0.034
Omega 6 Fatty Acid (g)	0.0068
Other Nutrients	
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	0

