

Basic Report 09511, Fruit juice smoothie, NAKED JUICE, BLUE MACHINE

Report Date: August 21, 2019 10:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 fl oz 240g
Proximates			
Water	g	81.70	196.08
Energy	kcal	71	170
Protein	g	0.42	1.01
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	16.67	40.01
Fiber, total dietary	g	2.9	7.0
Sugars, total	g	12.08	28.99
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.15	0.36
Potassium, K	mg	154	370
Sodium, Na	mg	4	10
Vitamins			
Vitamin C, total ascorbic acid	mg	25.0	60.0
Niacin	mg	8.333	19.999
Vitamin B-6	mg	0.833	1.999
Vitamin B-12	µg	2.50	6.00
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	5.63	13.51
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			