

Lindy's Homemade Nutrition Label Fruit Punch - AJC_041718

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Page 1 of 1

Nutrition Facts	
1 serving per container	
Serving size	4 2/5 fl oz (130mL)
Amount per serving	
Calories	90
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 240mg	6%
Vitamin C 86mg	100%
<small>* The % Daily Value (DV) 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Apple Juice from Concentrate (Water and Apple Juice Concentrate), Natural Fruit Punch Flavor, Natural Color, Citric Acid, Vitamin C, Guar Gum, Xanthan Gum, Carob Bean Gum