**Invisible Juice**

Instructional Food Service OCC

Categories: Lunch

Locations: Game ON

Serving Size 16 fl oz

servings Per Container 1

**Nutrient Descriptors**

Cholesterol Free

Good Source of Calcium

Good Source of Protein

High in Carbohydrates

High in Fiber

High in Iron

High in Potassium

High in Vitamin ATotal Fat 6g 9%

High in Vitamin C

Very Low Sodium

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 930

Calories From Fat 50

Saturated Fat 1g 5%\*

Trans Fat 4g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0g

Cholesterol 0 mg 0%\*

Sodium 10mg0%\*

Total Carbohydrate 242g 81%\*

Dietary Fiber 44g 191%\*

Sugars 155g

Protein 6g

Vitamin A 20%\* Vitamin C270%\*

Calcium 15%\* Iron 25%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

FUIJI APPLES, cucumber, lemon, ginger whole