**General** **Quantities**

**Calories 65**

**Carb. 17.3g**

**Fiber 3g**

**Protein 0.3g**

**Water 107g (86%)**

**Sugar 13g**

**Fat 0.2g**

**Saturated fat 0.04g**

**Polyunsaturated 0.06g**

**Sucros 2.6g**

**Glucose 3g**

**Fructose 7.4g**

**Starch 0.06g**

**Omega-3 fatty acids 0.02g**

**Omega-6 fatty acids 0.08g**

**VITAMINS QUANTITIES %DV**

**Vitamin A 67.5 IU 1%**

**Vitamin C 5.7g 10%**

**Vitamin D ~ ~**

**Vitamin E 0.23mg 2%**

**Vitamin K 2.8mcg 3%**

**Vitamin B1 (Thamine) 0.02mg 2%**

**Vitamin B2 ( Ribolavin) 0.03mg 3%**

**Vitamin B3 (Niacin) 0.11mg 1%**

**Vitamin B5 (Panthothenic acid) 0.08mg 2%**

**Vitamin B6 (Pyridoxine) 0.08mg 4%**

**Choline 4.25mg 1%**

 **MINERALS QUANTITIES %DV**

 **Potassium 133.75mg 3%**

 **Calcium 7.5mg 1%**

 **Magnesium 6.25mg 2%**

 **Phosphorus 13.76mg 2%**

 **Iron 0.15mg 0%**

 **Sodium 1.3mg 0%**

 **Zinc 0.03mg 4%**

 **Manganese 0.04mg 2%**

 **Selenium 0.0mcg 0%**

 **Fluoride 0.01mg 0%**