

## JUICELAND FOOD NUTRITIONAL INFORMATION

### **Feast in the Middle East**

Measure: 1  
Calories: 354  
Protein: 6.7  
Total fat: 29.1  
Total Carbs: 21  
Dietary Fiber: 6.2  
Sugar: 4.1  
Calories from Fat: 87.7  
Saturated Fat: 0.8  
Trans Fat: -  
Polyunsaturated Fat: 6.6  
Monounsaturated Fat: 2.0  
Cholesterol: -  
Sodium: 280.3  
Potassium: 444.4  
Vitamin A: 4,447.3  
Vitamin C: 68.6  
Iron: 4.6  
Calcium: 112.6  
Magnesium: 49.1

### **Feast Pack**

Measure: 1  
Calories: 721  
Protein: 21.3  
Total fat: 53.1  
Total Carbs: 51.1  
Dietary Fiber: 23.6  
Sugar: 10.9  
Calories from Fat: 36.1  
Saturated Fat: 0.2  
Trans Fat: -  
Polyunsaturated Fat: -  
Monounsaturated Fat: -  
Cholesterol: -  
Sodium: 210.0  
Potassium: 952.6  
Vitamin A: 14,387.5  
Vitamin C: 55.2  
Iron: 6.8  
Calcium: 221.4  
Magnesium: 237.6

### **Sunbutter Pack**

Measure: 1  
Calories: 536  
Protein: 15.6  
Total fat: 40.2  
Total Carbs: 38.9  
Dietary Fiber: 10.4  
Sugar: 20.0  
Calories from Fat: 16.0  
Saturated Fat: 0.1  
Trans Fat: -

Polyunsaturated Fat: -  
Monounsaturated Fat: -  
Cholesterol: -  
Sodium: 53.1  
Potassium: 627.3  
Vitamin A: 300.9  
Vitamin C: 6.6  
Iron: 4.0  
Calcium: 107.7  
Magnesium: 264.3

### **Mannawich**

Measure: 1  
Calories: 501  
Protein: 16.2  
Total fat: 23.4  
Total Carbs: 55.8  
Dietary Fiber: 10.6  
Sugar: 12.5  
Calories from Fat: 213.6  
Saturated Fat: 11.6  
Trans Fat: -  
Polyunsaturated Fat: 0.2  
Monounsaturated Fat: 0.4  
Cholesterol: -  
Sodium: 58.9  
Potassium: 1.8  
Vitamin A: 1.0  
Vitamin C: -  
Iron: 0.6  
Calcium: 16.8  
Magnesium: 0.4

### **Double Rainbow Quinoa Salad**

Measure: 1  
Calories: 182  
Protein: 6.1  
Total fat: 7.6  
Total Carbs: 22.8  
Dietary Fiber: 5.3  
Sugar: 4.3  
Calories from Fat: 0  
Saturated Fat: 0  
Trans Fat: 0  
Polyunsaturated Fat: 0  
Monounsaturated Fat: 0  
Cholesterol: 0  
Sodium: 50.1  
Potassium: 399.2  
Vitamin A: 838  
Vitamin C: 24.2  
Iron: 2  
Calcium: 43.5  
Magnesium: 77.7

### **Quinoa Ranchero**

Measure: 1  
Calories: 273  
Protein: 3.7  
Total fat: 21.1  
Total Carbs: 19  
Dietary Fiber: 2.9  
Sugar: 4.9  
Calories from Fat: 0.5  
Saturated Fat: 0  
Trans Fat: 0  
Polyunsaturated Fat: 0  
Monounsaturated Fat: 0  
Cholesterol: 0  
Sodium: 26.8  
Potassium: 394.2  
Vitamin A: 867.1  
Vitamin C: 76.7  
Iron: 1.9  
Calcium: 26.6  
Magnesium: 50.5

### **Superfood Salad**

Measure: 1  
Calories: 487  
Protein: 12  
Total fat: 39.2  
Total Carbs: 28.8  
Dietary Fiber: 11.6  
Sugar: 13.6  
Calories from Fat: 27.5  
Saturated Fat: 0.2  
Trans Fat: 0  
Polyunsaturated Fat: 0.3  
Monounsaturated Fat: 0  
Cholesterol: 0  
Sodium: 98.8  
Potassium: 728.5  
Vitamin A: 3,509.7  
Vitamin C: 45.2  
Iron: 4.8  
Calcium: 212.7  
Magnesium: 195.3

**Clean and Soba Newdle Bowl**

Measure: 1  
Calories: 312  
Protein: 25.6  
Total fat: 12.7  
Total Carbs: 25.8  
Dietary Fiber: 12.4  
Sugar: 9.8  
Calories from Fat: 93.8  
Saturated Fat: 1.4  
Trans Fat: 0  
Polyunsaturated Fat: 5.6  
Monounsaturated Fat: 3.5  
Cholesterol: 0  
Sodium: 958.7  
Potassium: 412.6  
Vitamin A: 14,271.5  
Vitamin C: 57.9  
Iron: 1.5  
Calcium: 79.4  
Magnesium: 27.6

**Sushi Bowl**

Measure: 1  
Calories: 173  
Protein: 4.6  
Total fat: 10.5  
Total Carbs: 16.5  
Dietary Fiber: 3.6  
Sugar: 4.6  
Calories from Fat: 42.2  
Saturated Fat: 0.6  
Trans Fat: 0  
Polyunsaturated Fat: 2.1  
Monounsaturated Fat: 1.6  
Cholesterol: 0  
Sodium: 568.2  
Potassium: 302.2  
Vitamin A: 3,427.4  
Vitamin C: 12.2  
Iron: 1.5  
Calcium: 47.1  
Magnesium: 42.8

**Trill Mix**

Measure: 1  
Calories: 155  
Protein: 5  
Total fat: 11.4  
Total Carbs: 11.3  
Dietary Fiber: 3.2  
Sugar: 5.8  
Calories from Fat: 97.7  
Saturated Fat: 0.8  
Trans Fat: 0  
Polyunsaturated Fat: 0  
Monounsaturated Fat: 0  
Cholesterol: 0  
Sodium: 0.1  
Potassium: 217.4

Vitamin A: 159.4  
Vitamin C: 6  
Iron: 0.9  
Calcium: 66.1  
Magnesium: 3.9

**Taco Salad**

Measure: 1  
Calories: 414  
Protein: 13.2  
Total fat: 31.2  
Total Carbs: 27.7  
Dietary Fiber: 13.2  
Sugar: 6.8  
Calories from Fat: 0  
Saturated Fat: 0.1  
Trans Fat: 0  
Polyunsaturated Fat: 0.1  
Monounsaturated Fat: 0.1  
Cholesterol: 0  
Sodium: 92.8  
Potassium: 743  
Vitamin A: 8,675.9  
Vitamin C: 33.8  
Iron: 3.8  
Calcium: 121.9  
Magnesium: 149.3

**Hummus Sampler**

Measure: 1  
Calories: 698  
Protein: 19.4  
Total fat: 55.3  
Total Carbs: 40.5  
Dietary Fiber: 17.1  
Sugar: 7.4  
Calories from Fat: 72  
Saturated Fat: 0.6  
Trans Fat: 0  
Polyunsaturated Fat: 2.1  
Monounsaturated Fat: 1.5  
Cholesterol: 0  
Sodium: 284.8  
Potassium: 516.3  
Vitamin A: 40.2  
Vitamin C: 21.7  
Iron: 5.1  
Calcium: 173.2  
Magnesium: 213.3

**Frijole Roller**

Measure: 1  
Calories: 560  
Protein: 19.0  
Total fat: 17.8  
Total Carbs: 77.3  
Dietary Fiber: 8.9  
Sugar: 6.2  
Calories from Fat: 0.1  
Saturated Fat: -  
Trans Fat: -  
Polyunsaturated Fat: -  
Monounsaturated Fat: -  
Cholesterol: -  
Sodium: 813.7  
Potassium: 971.4  
Vitamin A: 398.1  
Vitamin C: 15.4  
Iron: 3.0  
Calcium: 55.2  
Magnesium: 64.7

**Hand Cut Crackers**

Measure: 1  
Calories: 53.5  
Protein: 19.8  
Total fat: 4.2  
Total Carbs: 3  
Dietary Fiber: 1.5  
Sugar: 0.2  
Calories from Fat: 3.6  
Saturated Fat: 0  
Trans Fat: -  
Polyunsaturated Fat: -  
Monounsaturated Fat: -  
Cholesterol: -  
Sodium: 1.8  
Potassium: 56.1  
Vitamin A: 2.0  
Vitamin C: 0.1  
Iron: 0.5  
Calcium: 15.1  
Magnesium: 33.5