

080-FRUIT COCKTAIL-MIXED FRUIT PUNCH**NUTRITION SUMMARY**

Nutrient		Value per serving (315g)	%RDI*
Total Calories	(kcal)	97	
Carbohydrates	(g)	26.9	8.97
Protein	(g)	0.68	1.36
Total fats	(g)	0.14	0.21
Saturated fats	(g)	0.03	0.13
Dietary fiber	(mg)	3.27	13
Vitamin C	(mg)	4.23	7
Copper	(mg)	0.15	7.40
Manganese	(mg)	0.78	39.16
Sodium	(mg)	5.80	0.24

*Based on 2000Cal diet

Comments: This delicious fruit punch made with Ayam brand fruit cocktail is very low in saturated fat, sodium & contains no cholesterol. It is high in dietary fiber, manganese, vitamin C & copper. One serve of this recipe supplies about 39% daily value of manganese which is involved in bone formation, thyroid function, formation of connective tissues, sex hormone function, calcium absorption, blood sugar regulation, immune function and in fat and carbohydrate metabolism.