

Sports Drink

By Lisa Kleiner from Kleiner Nutrition

Food Labelling ...

Label values per 488g:

Energy	191 kcal
Protein	2.2 g
Carbohydrate	37 g
of which sugars	38 g
Fat	1.3 g
of which saturates	0.6 g
Fibre	8.8 g
Sodium	0.3 g
or equivalent as salt	0.8 g

Contains:
Tree nuts

160 CALORIES PER 488G



87% Carbs
6% Protein
7% Fat

38.1g
2.2g
1.3g

Nutrient Breakdown per 488g...

Energy	Lipid Components	Vitamins
Energy(Kcal)	160	Saturated fat
Energy(Kj)	686	Monounsaturated fat
Macronutrients	<i>cis-Mono</i>	Vitamin A (ret eq)
Carbohydrate	38g	<i>Carotene</i>
Protein	2.2g	Polyunsaturated fat
Fat	1.3g	<i>Omega3(n-3)</i>
Water	416ml	<i>Omega6(n-6)</i>
Alcohol		<i>cis-Poly</i>
Carbohydrate Components	Trans-fatty acids	Vitamin D
Starch		Vitamin E
Oligosaccharide		Vitamin K ₁
Fibre	8.8g	Thiamin (B ₁)
NSP	5.2g	Riboflavin (B ₂)
Sugars	38g	Niacin total (B ₃)
Glucose	9.3g	<i>Niacin</i>
Galactose		<i>Tryptophan (niacin eq)</i>
Fructose	9.4g	Pantothenic Acid (B ₅)
Sucrose	19.3g	Vitamin B ₆
Maltose		Folic Acid (B ₉)
Lactose		Vitamin B ₁₂
Minerals & trace elements	Sodium	Biotin (B ₇)
	Potassium	Vitamin C
	Chloride	Other
	Calcium	GI (estimated)
	Phosphorus	GL
	Magnesium	PRAL
	Iron	
	Zinc	
	Copper	
	Manganese	
	Selenium	
	Iodine	

Recipe Ingredients ...

Coconut water / milk (fresh)	300g
Grape juice concentrate	20g
Lemon juice, fresh, weighed whole	32.5g
Pineapple juice, fresh, weighed whole	135g
Raspberries, raw	40g

Cooking Instructions & Notes ...

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