

SportsZest Drink 2

By Lisa Kleiner from Kleiner Nutrition

Food Labelling ...

Label values per 511g:

Energy	160 kcal
Protein	1.2 g
Carbohydrate	35 g
of which sugars	35 g
Fat	0.5 g
of which saturates	0.1 g
Fibre	5.1 g
Sodium	0.1 g
or equivalent as salt	0.3 g

Contains:
Celery

143 CALORIES PER 511G



94% CARBS
3% PROTEIN
3% FAT
0% ALCOHOL

94% Carbs 35.6g
3% Protein 1.2g
3% Fat 0.5g

Nutrient Breakdown per 511g...

Energy	Lipid Components	Vitamins
Energy(Kcal)	143	Saturated fat
Energy(Kj)	607	Monounsaturated fat
Macronutrients	<i>cis-Mono</i>	Vitamin A (ret eq)
Carbohydrate	Polyunsaturated fat	<i>Retinol</i>
Protein	<i>Omega3(n-3)</i>	<i>Carotene</i>
Fat	<i>Omega6(n-6)</i>	Vitamin D
Water	<i>cis-Poly</i>	Vitamin E
Alcohol	Trans-fatty acids	Vitamin K ₁
Carbohydrate Components	Cholesterol	Thiamin (B ₁)
Starch	Minerals & trace elements	Riboflavin (B ₂)
Oligosaccharide	Sodium	Niacin total (B ₃)
Fibre	Potassium	<i>Niacin</i>
NSP	Chloride	<i>Tryptophan (niacin eq)</i>
Sugars	Calcium	Pantothenic Acid (B ₅)
<i>Glucose</i>	Phosphorus	Vitamin B ₆
<i>Galactose</i>	Magnesium	Folic Acid (B ₉)
<i>Fructose</i>	Iron	Vitamin B ₁₂
<i>Sucrose</i>	Zinc	Biotin (B ₇)
<i>Maltose</i>	Copper	Vitamin C
<i>Lactose</i>	Manganese	Other
	Selenium	GI (estimated)
	Iodine	GL
		PRAL

Recipe Ingredients ...

Apples, eating, red dessert, raw	153g
Carrots, juice	50g
Celery, raw	15g
Cucumber, raw	55g
Lemon juice, fresh	5g
Vita Coconut Water	250g

Cooking Instructions & Notes ...

Juice the fruit/vegetables and blend with the rest of the ingredients.

Generated by Nutritics v on 26 Aug 2015