

Juice, apple, grape and pear blend, with added ascorbic acid and calcium

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Serving size: 100 grams

<https://nutritiondata.self.com/facts/fruits-and-fruit-juices/10513/2>

FOOD SUMMARY

Nutrition facts label for Juice, apple, grape and pear blend, with added ascorbic acid and calcium

This feature requires Flash player to be installed in your browser. [Download](#) the player here.
[Download Printable Label Image](#)

Nutritional Target Map [What is this?](#)

Nutritional Target Map for Juice, apple, grape and pear blend, with added ascorbic acid and calcium

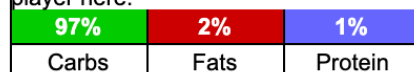
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Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Juice, apple, grape and pear blend, with added ascorbic acid and calcium

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NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Sodium. It is also a good source of Calcium, and a very good source of Vitamin C.

The bad: A large portion of the calories in this food come from sugars.



NUTRIENT BALANCE

Nutrient Balance Indicator for Juice, apple, grape and pear blend, with added ascorbic acid and calcium

This feature requires Flash player to be installed in your browser. [Download](#) the player here.

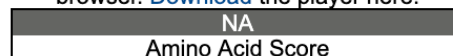


[What is this?](#)

PROTEIN QUALITY

Protein Quality for Juice, apple, grape and pear blend, with added ascorbic acid and calcium

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[What is this?](#)

This listing does not contain enough data on individual amino acids to determine protein quality.

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	52.0 (218 kJ)	3%
From Carbohydrate	50.4 (211 kJ)	
From Fat	1.0 (4.2 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.2 g	0%

[More details](#)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	52.0 (218 kJ)	3%
From Carbohydrate	50.4 (211 kJ)	
From Fat	1.0 (4.2 kJ)	
From Protein	0.6 (2.5 kJ)	
From Alcohol	~ (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	13.0 g	4%
Dietary Fiber	~	~
Starch	~	
Sugars	9.9 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%
Saturated Fat	~	~
Monounsaturated Fat	~	
Polyunsaturated Fat	~	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	~	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.2 g	0%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	~	~
Vitamin C	50.7 mg	84%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	1%
Niacin	0.1 mg	0%
Vitamin B6	0.0 mg	1%
Folate	~	~
Vitamin B12	~	~
Pantothenic Acid	0.0 mg	0%
Choline	~	
Betaine	~	

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	72.0 mg	7%
Iron	0.1 mg	1%
Magnesium	6.0 mg	1%
Phosphorus	11.0 mg	1%
Potassium	89.0 mg	3%
Sodium	5.0 mg	0%
Zinc	0.1 mg	0%
Copper	0.0 mg	1%
Manganese	0.1 mg	4%
Selenium	~	~
Fluoride	43.5 mcg	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	~	~
Phytosterols	~	

[More details ▼](#)

Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	86.4 g	
Ash	0.3 g	
Caffeine	~	
Theobromine	~	