Penn State Univeristy
BERKEY CREAMERY

BEVERAGES

Lemonade

1/2 Gallon

INGREDIENTS: water, sugar, lemon juice concentrate, citric acid, lemon pulp, natural flavors, potassium sorbate

Nutrition Facts

Serving Size 1 cup (240 ml) (227g)
Servings Per Container 8

Amount Per Serving

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 0g	**0%**
Sugars 23g	
Protein 0g	

Vitamin A 4% • Vitamin C 10%
Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4