

Serving Size: 100 g

## Ingredients

500 ml mountain dew

# Directions

#### Step 1

Pour Mountain Dew into a glass.

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 121 kcal

Fat: 0g

Protein: 0g

Carbohydrates: 31 g

### **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

#### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	31 g	56.36%	62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	31 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

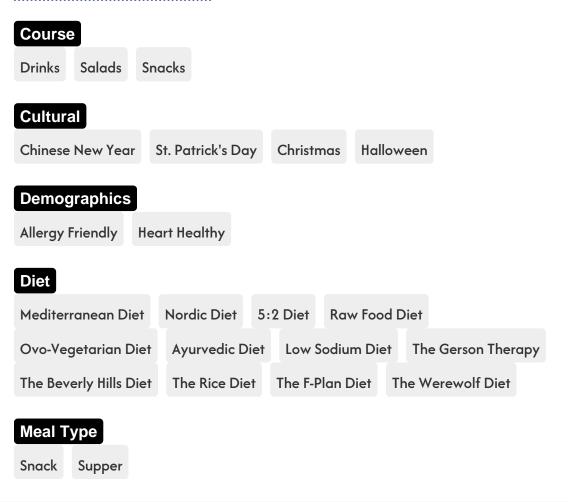
### Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

#### Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	48 mg	2.09%	2.09%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

### **Recipe Attributes**





Easy

Visit our website: <u>healthdor.com</u>