

Nutritional Information

create your own Smoothie

STRAWBERRY

Amount Per Serving		%DV
Calories	110	NA
Calories From Fat	0	NA
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrates	27 g	9%
Dietary Fiber	2 g	7%
Sugar	21 g	NA
Protein	0 g	NA
Vitamin A	NA	0%
Vitamin C	NA	7%
Calcium	NA	0%
Iron	NA	2%

Piña Colada

Amount Per Serving		%DV
Calories	150	NA
Calories From Fat	50	NA
Total Fat	5 g	25%
Saturated Fat	5 g	0%
Cholesterol	0 mg	1%
Sodium	25 mg	0%
Total Carbohydrates	26 g	9%
Dietary Fiber	2 g	7%
Sugar	17 g	NA
Protein	1 g	NA
Vitamin A	NA	2%
Vitamin C	NA	2%
Calcium	NA	2%
Iron	NA	2%

Ice Cream

Amount Per Serving		%DV
Calories	160	NA
Calories From Fat	100	NA
Total Fat	11 g	17%
Saturated Fat	8 g	38%
Cholesterol	40 mg	14%
Sodium	55 mg	2%
Total Carbohydrates	20 g	7%
Dietary Fiber	0 g	0%
Sugar	19 g	NA
Protein	4 g	NA
Vitamin A	NA	25%
Vitamin C	NA	2%
Calcium	NA	10%
Iron	NA	0%

RASPBERRY

Amount Per Serving		%DV
Calories	110	NA
Calories From Fat	0	NA
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrates	27 g	9%
Dietary Fiber	2 g	6%
Sugar	19 g	NA
Protein	0 g	NA
Vitamin A	NA	0%
Vitamin C	NA	0%
Calcium	NA	0%
Iron	NA	2%

BANANA

Amount Per Serving		%DV
Calories	110	NA
Calories From Fat	0	NA
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrates	27 g	9%
Dietary Fiber	2 g	10%
Sugar	9 g	NA
Protein	0 g	NA
Vitamin A	NA	0%
Vitamin C	NA	80%
Calcium	NA	0%
Iron	NA	2%



Serving Size 2.667 fl oz. Concentrate
Servings per Container 12
Makes 8 fl oz. prepared