



Nutritional Information Per 100 Grams
#ACAP-14 Banana Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ ACAP#14	1 Serving		100.00	298.10	0.04	0.02
Total	1 Serving		100.00	298.10	0.04	0.02

Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
+ ACAP#14	0.00	0	69.06	0.12	40.08	34.91
Total	0.00	0	69.06	0.12	40.08	34.91

Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
+ ACAP#14	0.18	5.83	27.47	0.04	1.75	0.03
Total	0.18	5.83	27.47	0.04	1.75	0.03

Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ ACAP#14	83.56	13.57	0.19	0	0	29.45
Total	83.56	13.57	0.19	0	0	29.45

11/01/2022

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 69g	25%
Dietary Fiber 0g	0%
Total Sugars 40g	
Includes 35g Added Sugars	70%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 84mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	