



Nutritional Information Per 100 Grams  
#ACAP-15 Blackberry Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ ACAP-15	1	Serving	100.00	262.78	0.03	0.01
Total	1	Serving	100.00	262.78	0.03	0.01

  

Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
+ ACAP-15	0	0.02	59.96	0.18	33.41	29.62
Total	0	0.02	59.96	0.18	33.41	29.62

  

Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
+ ACAP-15	1.29	5.71	30.67	0	9.74	0.21
Total	1.29	5.71	30.67	0	9.74	0.21

  

Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ ACAP-15	124.24	20.00	0.59	0	0	37.36
Total	124.24	20.00	0.59	0	0	37.36

06/02/2023

# Nutrition Facts

servings per container

**Serving size** (100g)

Amount per serving

**Calories** **260**

% Daily Value\*

**Total Fat** 0g **0%**

 Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**
**Sodium** 20mg **1%**
**Total Carbohydrate** 60g **22%**

 Dietary Fiber 0g **0%**

Total Sugars 33g

 Includes 30g Added Sugars **60%**
**Protein** 1g

 Vitamin D 0mcg **0%**

 Calcium 10mg **0%**

 Iron 0mg **0%**

 Potassium 124mg **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.