



Nutritional Information Per 100 Grams
ACAP#16 Pineapple Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
ACAP#16	1	Serving	100.00	259.82	0.02	0.00
Total	1	Serving	100.00	259.82	0.02	0.00
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
ACAP#16	0	0	59.38	0.11	34.65	30.84
Total	0	0	59.38	0.11	34.65	30.84
Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
ACAP#16	0.15	0.85	22.20	0	1.14	0.40
Total	0.15	0.85	22.20	0	1.14	0.40
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
ACAP#16	5.18	14.19	0.07	0	0	36.05
Total	5.18	14.19	0.07	0	0	36.05

07/13/2023

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 15mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 0g	0%
Total Sugars 35g	
Includes 31g Added Sugars	62%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 5mg	0%
*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.	