



Nutritional Information Per 100 Grams
#ACAP-20 Limon Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ ACAP#20	1 Serving		100.00	292.47	0.06	0.01
Total	1 Serving		100.00	292.47	0.06	0.01

Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
+ ACAP#20	0	0	67.00	0.15	35.52	34.85
Total	0	0	67.00	0.15	35.52	34.85

Item Name	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
+ ACAP#20	0.15	0.73	30.59	0	4.69	0.06
Total	0.15	0.73	30.59	0	4.69	0.06

Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ ACAP#20	41.01	11.37	0.32	0	0	31.21
Total	41.01	11.37	0.32	0	0	31.21

11/01/2022

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **290**

% Daily Value*

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

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 10mg **0%****Total Carbohydrate** 67g **24%**Dietary Fiber 0g **0%**

Total Sugars 36g

Includes 35g Added Sugars **70%****Protein** 0g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0mg 0%

Potassium 41mg 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.