



Nutritional Information Per 100 Grams
ACAP#4 Mango Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
☐ ACAP#4	1 Serving		100.00	265.82	0.10	0.03
Total	1 Serving		100.00	265.82	0.10	0.03
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
☐ ACAP#4	0.00	0	61.40	0.32	29.41	23.74
Total	0.00	0	61.40	0.32	29.41	23.74
Item Name	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
☐ ACAP#4	0.19	1111.02	40.74	0	4.16	0.05
Total	0.19	1111.02	40.74	0	4.16	0.05
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
☐ ACAP#4	59.48	14.71	0.22	0	0	36.63
Total	59.48	14.71	0.22	0	0	36.63

10/05/2023

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 61g	22%
Dietary Fiber 0g	0%
Total Sugars 29g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 59mg	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	