



Nutritional Information Per 100 Grams
#ACAP-6 Pina Colada Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
☐ ACAP#6	1 Serving		100.00	290.55	4.48	4.25
Total	1 Serving		100.00	290.55	4.48	4.25
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
☐ ACAP#6	0	0	58.50	0.11	32.30	14.77
Total	0	0	58.50	0.11	32.30	14.77
Item Name	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
☐ ACAP#6	0.44	0	7.14	0	1.92	0.39
Total	0.44	0	7.14	0	1.92	0.39
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
☐ ACAP#6	28.62	11.76	0.39	3.84	0	32.13
Total	28.62	11.76	0.39	3.84	0	32.13

11/23/2022

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **290**

% Daily Value*

Total Fat 4.5g **6%**Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 10mg **0%****Total Carbohydrate** 58g **21%**Dietary Fiber 0g **0%**

Total Sugars 32g

Includes 15g Added Sugars **30%****Protein** 0g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 29mg 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.