



Nutritional Information Per 100 Grams
#ACAP-7 Blueberry Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
☐ ACAP#7	1 Serving		100.00	264.94	0.14	0.05
Total	1 Serving		100.00	264.94	0.14	0.05
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
☐ ACAP#7	0.05	0	60.49	0.15	38.43	32.09
Total	0.05	0	60.49	0.15	38.43	32.09
Item Name	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
☐ ACAP#7	0.28	0.18	32.27	0	7.85	0.19
Total	0.28	0.18	32.27	0	7.85	0.19
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
☐ ACAP#7	55.97	19.42	0.23	0	0	31.97
Total	55.97	19.42	0.23	0	0	31.97

11/23/2022

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 38g	
Includes 32g Added Sugars	64%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 56mg	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.	