



# BLUE CRUSH

## NUTRITIONAL INFORMATION

INGREDIENTS: MANGO, BLUEBERRIES, COCONUT WATER

**SMALL**

149 CAL

**REGULAR**

206 CAL

**LARGE**

289 CAL

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 270 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	622 kJ	230 kJ
Protein	2 g	0.8 g
Fat, total	0.4 g	0.2 g
- saturated	0 g	0 g
Carbohydrate	29.9 g	11.1 g
- sugars	28.8 g	10.7 g
Sodium	5 mg	2 mg

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 370 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	863 kJ	233 kJ
Protein	2.8 g	0.8 g
Fat, total	0.6 g	0.2 g
- saturated	0 g	0 g
Carbohydrate	41.5 g	11.2 g
- sugars	40 g	10.8 g
Sodium	5 mg	2 mg

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 520 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1210 kJ	233 kJ
Protein	3.9 g	0.8 g
Fat, total	0.8 g	0.2 g
- saturated	0 g	0 g
Carbohydrate	58.2 g	11.2 g
- sugars	56.1 g	10.8 g
Sodium	8 mg	2 mg

\*NUTRITIONAL INFORMATION DOES NOT TAKE TOPPING INTO ACCOUNT. THESE VALUES ARE FOR THE SMOOTHIE BASES ONLY.