



GREEN BOWL

NUTRITIONAL INFORMATION

INGREDIENTS: BANANA, MANGO, SUPER GREENS,
COCONUT MILK

SMALL

209 CAL

REGULAR

277 CAL

LARGE

418 CAL

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 222.5 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	874 kJ	393 kJ
Protein	3.7 g	1.7 g
Fat, total	5.4 g	2.4 g
- saturated	4.2 g	1.9 g
Carbohydrate	32.3 g	14.5 g
- sugars	24.7 g	11.1 g
Sodium	14 mg	6 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 305 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1160 kJ	382 kJ
Protein	5.6 g	1.8 g
Fat, total	5.7 g	1.9 g
- saturated	4.2 g	1.4 g
Carbohydrate	45.2 g	14.8 g
- sugars	34.5 g	11.3 g
Sodium	24 mg	8 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 475 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1750 kJ	368 kJ
Protein	7.6 g	1.6 g
Fat, total	8.5 g	1.8 g
- saturated	6.4 g	1.3 g
Carbohydrate	68.8 g	14.5 g
- sugars	53.7 g	11.3 g
Sodium	26 mg	6 mg

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