

MANGO-LICIOUS SMOOTHIE

NUTRITIONAL INFORMATION



INGREDIENTS: MANGO, BANANA, SUPERGREENS,
ALMOND/COCONUT MILK



SMALL

211 CAL

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 343 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	881 kJ	257 kJ
Protein	4.1 g	1.2 g
Fat, total	6.8 g	2 g
- saturated	5.8 g	1.7 g
Carbohydrate	30.9 g	9 g
- sugars	24.7 g	7.2 g
Sodium	94 mg	28 mg

REGULAR

361 CAL

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 605 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1510 kJ	250 kJ
Protein	7 g	1.2 g
Fat, total	12 g	2 g
- saturated	10.3 g	1.7 g
Carbohydrate	52.6 g	8.7 g
- sugars	43.2 g	7.1 g
Sodium	165 mg	27 mg

*NUTRITIONAL INFORMATION DOES NOT TAKE TOPPING'S OR BLEND IN'S INTO ACCOUNT.
THESE VALUES ARE FOR THE SMOOTHIES ONLY.