



# OCEAN BOWL

## NUTRITIONAL INFORMATION

INGREDIENTS: PINEAPPLE, BANANA, BLUE SPIRULINA,  
COCONUT MILK

**SMALL**

170 CAL

**REGULAR**

226 CAL

**LARGE**

311 CAL

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 181.4 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	710 kJ	391 kJ
Protein	2.6 g	1.5 g
Fat, total	5.2 g	2.8 g
- saturated	4.3 g	2.4 g
Carbohydrate	24.7 g	13.6 g
- sugars	18.2 g	10 g
Sodium	20 mg	11 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 261.4 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	944 kJ	361 kJ
Protein	3.5 g	1.3 g
Fat, total	5.4 g	2 g
- saturated	4.3 g	1.6 g
Carbohydrate	35.8 g	13.7 g
- sugars	26.6 g	10.2 g
Sodium	21 mg	8 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 351.4 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1300 kJ	370 kJ
Protein	4.6 g	1.3 g
Fat, total	7.9 g	2.3 g
- saturated	6.5 g	1.8 g
Carbohydrate	48.4 g	13.8 g
- sugars	35.8 g	10.2 g
Sodium	23 mg	7 mg

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