



PINK PITAYA BOWL

NUTRITIONAL INFORMATION

INGREDIENTS: DRAGONFRUIT, MANGO, RASPBERRIES,
COCONUT MILK

SMALL

180 CAL

REGULAR

232 CAL

LARGE

330 CAL

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 250 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	754 kJ	302 kJ
Protein	2.8 g	1.1 g
Fat, total	5.3 g	2.1 g
- saturated	4.4 g	1.7 g
Carbohydrate	22.6 g	9.1 g
- sugars	22.1 g	8.8 g
Sodium	5 mg	2 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 340 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	972 kJ	286 kJ
Protein	3.8 g	1.1 g
Fat, total	5.6 g	1.6 g
- saturated	4.4 g	1.3 g
Carbohydrate	31.1 g	9.2 g
- sugars	30.3 g	8.9 g
Sodium	5 mg	2 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 480 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1380 kJ	289 kJ
Protein	5.3 g	1.1 g
Fat, total	8.3 g	1.7 g
- saturated	6.6 g	1.4 g
Carbohydrate	43.9 g	9.1 g
- sugars	42.7 g	8.9 g
Sodium	8 mg	2 mg

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