

# SMOOTHIE NUTRITIONAL INFORMATION



Based on a 21.6oz serving.

	Calories (kcal)	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
<b>SPECIALTY SMOOTHIES</b>														
<b>Energizer</b>	340	45	5	0	0	85	75	3	58	3	60%	100%	10%	6%
<b>Immune Booster</b>	350	45	5	0	20	50	84	4	72	6	200%	930%	20%	6%
<b>Bulk Upper</b>	1320	460	51	31	205	510	184	6	150	33	50%	25%	80%	15%
<b>Light Delight</b>	360	15	2	0	0	180	82	5	67	8	20%	90%	25%	20%
<b>One's A Meal</b>	510	60	6	0	15	340	77	10	54	28	20%	90%	15%	15%
<b>BERRY SMOOTHIES</b>														
<b>Strawberry Patch</b>	420	5	1	0	0	25	104	5	94	3	20%	210%	8%	8%
<b>Raspberry Dream</b>	520	20	2	0	5	125	123	9	103	8	45%	190%	35%	10%
<b>Blueberry Blast</b>	410	25	3	0	0	120	98	11	76	9	25%	150%	35%	10%
<b>Cranberry Crush</b>	420	30	3.5	0	15	110	106	4	77	2	150%	620%	15%	2%
<b>Very Berry</b>	420	15	1.5	0	0	135	96	5	83	11	25%	120%	30%	6%
<b>TROPICAL SMOOTHIES</b>														
<b>Tropical Squeeze</b>	360	5	0.5	0	0	25	92	5	81	2	25%	170%	8%	8%
<b>Piña Colada</b>	560	90	10	8	0	100	117	5	105	7	0%	50%	6%	6%
<b>Island Delight</b>	410	5	1	0	0	110	103	4	80	4	110%	210%	8%	6%
<b>The Mango Smoothie</b>	450	50	5	4	0	120	92	3	76	13	20%	30%	8%	6%
<b>Key Lime Splash</b>	390	5	0.5	0	0	90	98	2	88	3	80%	170%	8%	4%
<b>Pineapple Passion</b>	270	0	0	0	0	40	71	3	65	1	8%	60%	4%	6%
<b>CLASSIC SMOOTHIES</b>														
<b>Factory Original</b>	300	0	0	0	0	45	73	4	63	5	6%	60%	6%	6%
<b>Yogurt Yahoo</b>	390	60	7	0	5	150	67	6	51	14	8%	30%	25%	8%
<b>Original Factory Original</b>	330	5	0.5	0	0	45	81	4	70	5	4%	100%	8%	6%
<b>PROTEIN SMOOTHIES</b>														
<b>After-Workout Formula</b>	420	10	1	0.5	20	45	92	4	70	14	8%	80%	10%	6%
<b>Peanut Butter Powerhouse</b>	590	90	9	0	0	880	95	2	55	27	2%	40%	25%	10%
<b>Hercules</b>	490	60	7	0	5	50	105	5	81	8	10%	90%	15%	15%
<b>Just Peachy</b>	280	5	0.5	0	10	30	62	2	52	7	8%	15%	6%	2%
<b>Engineered Foods*</b>	282	18	2	1.5	45	195	24	1.5	3	42	50%	50%	65%	50%
<b>Factory Latte</b>	520	20	4	1	5	180	93	3	43	29	20%	0%	15%	15%
<b>KIDS' CUPS</b>														
<b>Strawberry Jr.</b>	140	0	0	0	0	0	38	2	34	0	0%	35%	2%	2%
<b>Kids' Original</b>	170	0	0	0	0	0	43	3	35	1	2%	80%	2%	4%

% Daily Values (%DV) based on 2000 calories, 65g fat, 20g saturated fat, 300mg cholesterol, 2400mg sodium, 300g carbohydrates, 25g fiber, 50g protein, 5000IU vitamin A, 60mg vitamin C, 1000mg calcium, 18mg iron. Daily Values may differ depending on your caloric needs.

\*Engineered Foods nutritional information based on Factory MRP packet only. Nutritional information does not include choice of any two fruits (approximately 12oz of fruit).