



Nutritional Information Per 100 Grams
#ACAP-23 Watermelon Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	
ACAP#23	1 Serving		100.00	308.38	0.04	0.00	
Total	1 Serving		100.00	308.38	0.04	0.00	
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	
ACAP#23	0.00	0	72.49	0.10	34.77	16.57	
Total	0.00	0	72.49	0.10	34.77	16.57	
Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)	
ACAP#23	1.51	0	19.71	0	10.59	0.02	
Total	1.51	0	19.71	0	10.59	0.02	
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)	
ACAP#23	0.21	15.57	0.68	0	0	24.92	
Total	0.21	15.57	0.68	0	0	24.92	

11/01/2022

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 72g	26%
Dietary Fiber 0g	0%
Total Sugars 35g	
Includes 17g Added Sugars	34%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	