



Nutritional Information Per 100 Grams
ACAP#8 Raspberry Activated Capriccio Smoothie

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)
+ ACAP#8	1 Serving		100.00	259.54	0.01	0
Total	1 Serving		100.00	259.54	0.01	0
Item Name	TransFat (g)	Chol (mg)	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)
+ ACAP#8	0	0	60.45	0.22	36.11	32.82
Total	0	0	60.45	0.22	36.11	32.82
Item Name	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)	Calc (mg)	Iron (mg)
+ ACAP#8	0.10	2.63	28.04	0.06	3.26	0.04
Total	0.10	2.63	28.04	0.06	3.26	0.04
Item Name	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol-Acid (mcg)	Water (g)
+ ACAP#8	74.26	17.25	0.07	0	0	35.69
Total	74.26	17.25	0.07	0	0	35.69

10/06/2023

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 36g	
Includes 33g Added Sugars	66%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 74mg	2%
*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	