

Nutrition Facts

Serving Size : 4 tbsp (40 g)

Makes 8 fl oz (240 mL) Blended Beverage

Servings Per Container : 40

Amount Per Serving

Calories 170 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 28g **9%**

Dietary Fiber 0g **0%**

Sugars 24g

Protein 4g

Vitamin A 0% • **Vitamin C 2%**

Calcium 10% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4