**AMERICAN Senator Smoothie**

Instructional Food Service OCC

Categories: Beverage

Locations: Game ON

Serving Size 16 fl oz

Servings Per Container 1

**Nutrient Descriptors**

Cholesterol Free

Good Source of Protein

Healthy

High in Calcium

High in Carbohydrates

High in Fiber

High in Iron

High in Potassium

High in Vitamin A

High in Vitamin C

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 370

Calories From Fat 80

Total Fat 9g 14%\*

Saturated Fat 5g 25%\*

Trans Fat 0g

Polyunsaturated Fat .5g

Monounsaturated Fat 2.5g

Cholesterol 30 mg 11%\*

Sodium 180mg 8%\*

Total Carbohydrate 61g 20%\*

Dietary Fiber 7g 29%\*

Sugars 42g

Protein 16g

Vitamin A 10%\* Vitamin C160%\*

Calcium 50%\* Iron 8%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

banana green tip, orange 88, STRAWBERRY, YOGURT GREEK PLAN FAT FREE (CULTURED GRADE A NON FAT MILK. CONTAINS ACTIVE YOGURT CULTURES.), ORANGE JUICE GAME ON (orange 88)

**Contains:** Milk