**BIG UNIT 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 Potassium

High in Vitamin C

Low Fat

Low Saturated Fat

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 300

Calories From Fat 20

Total Fat 2g 3%\*

Saturated Fat 0g 2%\*

Trans Fat 0g

Polyunsaturated Fat .5g

Monounsaturated Fat 0g

Cholesterol 0 mg 1%\*

Sodium 70mg 3%\*

Total Carbohydrate 71g 24%\*

Dietary Fiber 11g 47%\*

Sugars 47g

Protein 7g

Vitamin A 6%\* Vitamin C130%\*

Calcium 20%\* Iron 6% \*

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

**Ingredients:**

Fuji apples, BANANA PETITE RIPE ECUADOR 150 Ct, STRAWBERRY, YOGURT GREEK PLAN FAT FREE (CULTURED GRADE A NON FAT MILK. CONTAINS ACTIVE YOGURT CULTURES.), blueberry

**Contain’s**: Milk