



Chocolate Banana Smoothie Mix

Net Weight: 1.3 ounces (36g)

Ingredients:

Maltodextrin, nonfat dry milk, defatted cocoa (processed with alkali), xanthan gum, natural and artificial flavor, aspartame**.

**Phenylketonurics: Contains phenylalanine

Nutrition Facts

**Serving Size 1 ½ Tbsp (12g) Mix
or 8 fl oz as Prepared
Servings Per Container 3**

Amount Per Serving	Mix	As Prepared With Skim Milk
Calories	40	110
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 15mg	1%	3%
Total Carbohydrate 8g	3%	8%
Dietary Fiber 1g	4%	8%
Sugars 2g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	0%	4%
Calcium	4%	15%
Iron	4%	4%

*Amount in Mix. As Prepared with Skim Milk contributes an additional 70 Calories, 5mg Cholesterol, 45mg Sodium, 15g Total Carbohydrate (1g Dietary Fiber, 10g Sugars), 3g Protein.

**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

Date Information Was Last Refreshed: March 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.