



# Pineapple Smoothie Mix

**Net Weight:** 2 ounces (57g)

Ingredients:  
Sugar, corn syrup solids, nonfat dry milk,  
sodium citrate, xanthan gum, natural flavor.

## Nutrition Facts

**Serving Size** 1 ½ Tbsp (19g) Mix  
**or 8 fl oz as Prepared**  
**Servings Per Container** 3

<b>Amount Per Serving</b>	<b>Mix</b>	<b>As Prepared</b>
<b>Calories</b>	70	120
Calories from Fat	0	0
<b>% Daily Value**</b>		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Cholesterol 0mg	<b>0%</b>	<b>0%</b>
Sodium 70mg	<b>3%</b>	<b>3%</b>
Total Carbohydrate 18g	<b>6%</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>	<b>8%</b>
Sugars 15g		
Protein 0g		
Vitamin A	0%	2%
Vitamin C	0%	60%
Calcium	2%	4%
Iron	0%	2%

\*Amount in Mix. As Prepared contributes an additional 50 Calories, 13g Total Carbohydrate (2g Fiber, 10g Sugars), 1g 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.