



Banana Smoothie Mix

Net Weight: 2 ounces (57g)

Ingredients:

Sugar, corn syrup solids, nonfat dry milk, natural and artificial flavors, xanthan gum.

Nutrition Facts

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

| Amount Per Serving | Mix | As Prepared With 2% Milk |
|------------------------|-----|-----------------------------|
| Calories | 70 | 160 |
| Calories from Fat | 0 | 20 |
| % Daily Value** | | |
| Total Fat 0g* | 0% | 3% |
| Saturated Fat 0g | 0% | 8% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 3% |
| Sodium 15mg | 1% | 2% |
| Total Carbohydrate 18g | 6% | 11% |
| Dietary Fiber 0g | 0% | 4% |
| Sugars 15g | | |
| Protein 0g | | |
| Vitamin A | 0% | 4% |
| Vitamin C | 0% | 6% |
| Calcium | 2% | 15% |
| Iron | 0% | 0% |

*Amount in Mix. As Prepared with 2% Milk contributes an additional 90 Calories (20 Calories from Fat), 2g Total Fat, (1.5g Saturated Fat), 10mg Cholesterol, 40mg Sodium, 15g Total Carbohydrate (1g Dietary Fiber, 10g Sugars), 4g 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.