

# Cappuccino Chocolate Swirl Smoothie

## Nutrition Facts

Serving Size 12 Fluid Ounces (400g)

Servings Per Container 1

Amount Per Serving

**Calories** 280 Calories From Fat 36

		% Daily Value*
<b>Total Fat</b>	4g	7%
Saturated Fat	3g	14%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	24mg	8%
<b>Sodium</b>	103mg	4%
<b>Total Carbohydrate</b>	56g	19%
Dietary Fiber	<1g	0%
Sugars	18g	

**Protein** 4g

Vitamin A 0% ● Vitamin C 141%

Calcium 16% ● Iron 0%

\*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	
Sat 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	

**Ingredients:** Ice; Cappuccino Base (Milk, Liquid Sugar [Sugar, Water], Condensed Skim Milk, Corn Syrup, Maltodextrin, Espresso Concentrate, Cream, Whey Protein Concentrate, Guar Gum, Sodium Citrate, Locust Bean Gum, Carrageenan, Disodium Phosphate, Dextrose, Natural Flavor, Ascorbic Acid); Water; Chocolate Sauce (High Fructose Corn Syrup, Cocoa processed with alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate, Xanthan Gum, Natural Flavor).

**Allergy Information:** Milk