

# Pina Colada Yogurt Smoothie

## Nutrition Facts

Serving Size 12 Fluid Ounces (259g)

Servings Per Container 1

Amount Per Serving

**Calories** 193 Calories From Fat 18

		% Daily Value*
<b>Total Fat</b>	2g	4%
Saturated Fat	2g	12%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	33mg	1%
<b>Total Carbohydrate</b>	40g	13%
Dietary Fiber	2g	7%
Sugars	33g	

**Protein** 2g

Vitamin A 2% ● Vitamin C 153%

Calcium 3% ● Iron 2%

\*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; Pina Colada Base (Coconut Milk, Water, Sugar, Pineapple Juice Concentrate, Mono- & Diglycerides, Microcrystalline Cellulose, Xanthan Gum, Sodium Alginate, Ascorbic Acid); Water; Non-fat Yogurt Base (Skim Milk, Liquid Sugar, Condensed Skim Milk, Corn Syrup, Maltodextrin, Yogurt [Non-fat Dry Milk, Whey Protein Concentrate, Cultured Dairy Solids [Whey Protein Concentrate, Skim Milk, Yogurt Culture], Sodium Citrate, Guar Gum, Malic Acid, Mono- & Diglycerides, Sodium Phosphate, Locust Bean Gum, Citric Acid, Carrageenan, Dextrose], Natural Flavor, Ascorbic Acid).

**Allergy Information:** Milk

