

Full Report (All Nutrients) 45274703, CRAFTED SMOOTHIE BLENDS, UPC: 071202003052
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Report Date: June 20, 2019 19:26 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Dole Packaged Foods Company

Nutrient	Unit	Data points	Std. Error	1 BAG 227g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	141	62
Protein	g	--	--	2.00	0.88
Total lipid (fat)	g	--	--	0.50	0.22
Carbohydrate, by difference	g	--	--	31.01	13.66
Fiber, total dietary	g	--	--	4.1	1.8
Sugars, total	g	--	--	22.00	9.69
Minerals					
Calcium, Ca	mg	--	--	41	18
Iron, Fe	mg	--	--	1.00	0.44
Potassium, K	mg	--	--	350	154
Sodium, Na	mg	--	--	16	7
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	64.0	28.2
Vitamin D	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 PINEAPPLE, APPLES, BANANAS, SPINACH, ASCORBIC ACID (TO PROMOTE COLOR RETENTION), CITRIC ACID, SALT, AND GINGER POWDER. *Date Available: 04/11/2018 Date Last Updated by Company: 04/11/2018*