

BANANA PINEAPPLE SMOOTHIE

NUTRITION INFORMATION

Serving Size	9.5 fluid ounces
NUTRIENTS	AMOUNT
Calories	185
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	100mg
Total Carbohydrate	38 g
Dietary Fiber	3 g
Total Sugars	27 g
Added Sugars	5 g
Protein	7 g
Vitamin D	2.7 mcg
Calcium	180 mg
Iron	0.4 mg
Potassium	669 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	16 Servings	64 Servings
Bananas, fresh	3 lb 2 oz	12 lb 8 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

#10 can pineapple chunks = 64.6 oz drained or 8 cups = 7.89 cups puree.

Yield may slightly vary depending on blender and products.

YIELD/VOLUME

16 Servings	64 Servings
Total Volume: 1 gal 3 cups	Total Volume: 2 gal + 1 qt + 2 cups
Total Weight: 10 lb 1 oz	Total Weight: 40 lb 4 oz

