

GO GREEN SMOOTHIE

NUTRITION INFORMATION

Serving Size 10 fluid ounces

NUTRIENTS AMOUNT

Calories 185

Total Fat 1 g

Saturated Fat 0 g

Cholesterol 5 mg

Sodium 105 mg

Total Carbohydrate 38 g

Dietary Fiber 3 g

Total Sugars 25 g

Added Sugars 8 g

Protein 7 g

Vitamin D 2.7 mcg

Calcium 190 mg

Iron 0.3 mg

Potassium 550 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 (106 oz) can canned diced pears = 66 oz drained or 9.5 cups = 7.5 cups puree.

1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree

Yield may slightly vary depending on blender and products.

YIELD/VOLUME

16 Servings	64 Servings
Total Volume: 1 gal 1 qt	Total Volume: 5 gal
Total Weight: 10 lb 8 oz	Total Weight: 42 lb

