



**PEACHY KING SMOOTHIE**

**NUTRITION INFORMATION**

Serving Size 10 fluid ounces

**NUTRIENTS AMOUNT**

Calories 195

Total Fat 1 g

Saturated Fat 0 g

Cholesterol 5 mg

Sodium 105 mg

Total Carbohydrate 40 g

Dietary Fiber 1 g

Total Sugars 27 g

Added Sugars 5 g

Protein 7 g

Vitamin D 2.7 mcg

Calcium 180 mg

Iron .2 mg

Potassium 650 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 (105 oz) can canned sliced peaches = 72 oz drained or 9 cups = 6 cups puree.

Diced peaches can be substituted, but yield might be slightly less.  
A #10 can of diced peaches yields 8.75 cups drained.

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: 11 lb	Total Weight: 44 lb

