

Menu Item:

Very Berry Smoothie

| | | | | |
|--------------------|--------------------------|----------------------|----------------------|------------------|
| Calories | Calories from fat | Total Fat | Saturated Fat | Trans Fat |
| 390 | 50 | 5g | 5g | 0g |
| Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars |
| 0mg | 240mg | 85g | 3g | 57g |
| Protein | Vitamin A | Vitamin C | Calcium | Iron |
| 2g | 4% | 80% | 2% | 6% |