



Nutritional Values: (% based on 2000 calorie diet)

Smoothies

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Zinc (%)
Strawberry-Banana Bomb	492	204	12	1.5	0.5	<5	50	530	46	3	37	4	2	110	15	4	6
Berry-Berry Blast (Bleuberry/Strawberry)	475	177	12	1.5	0.5	<5	50	370	39	2	34	4	2	110	15	4	6
Pineapple Orange	447	173	9	1	0.5	<5	50	320	39	1	34	4	2	100	15	2	4

	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Phosphorus
Strawberry-Banana Bomb	492	204	12	1.5	0.5	<5	50
Berry-Berry Blast (Bleuberry/Strawberry)	475	177	12	1.5	0.5	<5	50
Pineapple Orange	447	173	9	1	0.5	<5	50

* All Just Fresh Nutritional values are estimates based on product information availability and suggested recipe portions. All values have been determined using statistical data provided by manufacturers of products and / or e-nutrition information provided by distributors. These values can vary depending on product substitutions, availability of certain products, seasonality of products, altering of menu recipe, changes in prep recipes and scale variations. Just Fresh does not guarantee 100% accuracy of nutritional values based on these reasons. Further, Just Fresh food products may contain or come in contact with several foods known to be allergens such as tree-nuts, peanuts, wheat products, dairy (milk and eggs), and in some facilities fish and shellfish.