

Costco Very Berry Smoothie

Nutrition Facts	
Serving Size 15 fl oz (369g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 95mg	3%
Total Carbohydrate 60g	20%
Dietary Fiber 1g	4%
Sugars 48g	
Protein 0g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Berry Base (Blackberries, Strawberries, Water, Blueberries, Boysenberries, Modified Food Starch, Raspberries, Natural Flavor, Marionberries, Orange Juice Concentrate, Citric Acid, Red #40, Blue #1), Liquid Sugar (Sugar, Water), Banana Puree, Corn Syrup, Stabilizer Blend (Mono- & Diglycerides, Cellulose Gum, Guar Gum), Artificial Colors Red #40, Red #3, Blue #1, Citric Acid, Natural Flavor.