


## Smoothie Nutritional Information

|  | Serving weight (g) | Size  | Total calories (cal) | Calories from fat (fat cal) | Total fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Total carbohydrate (g) | Dietary fiber (g) | Sugars (g) | Protein (g) |
|---|--------------------|-------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| <b>Smoothies</b>  |                    |       |                      |                             |               |                   |               |                  |             |                        |                   |            |             |
| Blueberry Banana  | 406                | 12 oz | 280                  | 50                          | 6             | 5                 | 0             | 0                | 160         | 58                     | 3                 | 40         | 1           |
| Blueberry Banana  | 688                | 20 oz | 480                  | 80                          | 9             | 8                 | 0             | 0                | 260         | 99                     | 5                 | 68         | 2           |
| Mango Pineapple   | 435                | 12 oz | 340                  | 45                          | 5             | 5                 | 0             | 0                | 160         | 76                     | 1                 | 63         | 0           |
| Mango Pineapple   | 736                | 20 oz | 600                  | 80                          | 8             | 8                 | 0             | 0                | 270         | 133                    | 1                 | 112        | 1           |
| Strawberry Mango  | 480                | 12 oz | 380                  | 45                          | 5             | 5                 | 0             | 0                | 160         | 86                     | 2                 | 70         | 1           |
| Strawberry Mango  | 751                | 20 oz | 580                  | 80                          | 8             | 8                 | 0             | 0                | 270         | 128                    | 3                 | 103        | 1           |
| Pineapple Blueberry   | 381                | 12 oz | 250                  | 50                          | 5             | 5                 | 0             | 0                | 160         | 49                     | 2                 | 37         | 1           |
| Pineapple Blueberry   | 672                | 20 oz | 430                  | 80                          | 9             | 8                 | 0             | 0                | 260         | 88                     | 3                 | 68         | 1           |
| Strawberry Banana   | 434                | 12 oz | 280                  | 45                          | 5             | 5                 | 0             | 0                | 160         | 59                     | 3                 | 39         | 1           |
| Strawberry Banana   | 730                | 20 oz | 480                  | 80                          | 9             | 8                 | 0             | 0                | 260         | 101                    | 6                 | 66         | 2           |

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Cold Stone Creamery® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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