


Smoothies Nutritional Information

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