



Amazon Café Nutrition Facts: Smoothies

Smoothie	Calories		Total Fat (g)		Saturated Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)		Vitamin A (iu)		Vitamin C (g)		Calcium (g)		Iron (g)	
	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz	16 oz	24 oz
Amazon Power Boost	229	343	1.14	1.72	0	0.1	0	0	0.3	0.5	68	102	5	7.5	51	76	2.1	3.2	557	835	151	226	24	36	1.28	1.9
Bananarama	239	359	1.12	1.69	0	0.1	0	0	52	78	65	98	1.5	2.3	45	68	2.5	3.8	79	118	12	18	113	170	1.35	2
Chocolate Nirvana	225	337	1.02	1.53	0	0.2	4	6	197	295	76	114	2.1	3.1	67	101	11.5	17.4	420	629	2	3	256	384	2.89	4.33
Citrus Sunrise	254	381	1.59	2.38	1	1.1	4.7	7	24	36	88	132	2.5	3.7	58	87	2.9	4.3	523	785	159	238	89	133	1.21	1.82
Coffee Utopia	251	376	0	0	0	0	3.3	5	197	295	43	64	1.7	2.5	37	56	9.7	14.5	418	627	2	3	253	379	1.29	1.93
Coldblaster	247	370	1.03	1.55	0	0.1	0	0	10	15	65	98	2.5	3.7	47	70	2.9	4.3	1354	2045	1186	1778	40	60	1.08	1.6
Orange Outrage	215	323	0.72	1.08	0	0.1	0	0	70	105	65	98	1.8	2.7	51	76	5.5	8.3	524	785	144	216	145	217	0.88	1.32
Orange Sensation	242	353	1.78	2.57	0	0.1	0	0	20	30	63	95	2.9	4.4	55	82	2.3	3.5	542	813	145	218	51	77	1.27	1.9
Paradise Lust	265	398	3.22	4.83	3	4.81	0	0	21	21	60	90	2.9	4.3	39	59	2.8	4.2	57	85	49	73	61	92	1.74	2.62
Pina Colada	320	480	4.14	5.21	0	0.6	0	0	10	15	63	94	3.8	5.7	41	62	3.8	5.7	628	942	52	78	32	48	1.05	1.59
Raspberry Rage	234	351	1.27	1.91	3	4.62	4.7	7	28	42	69	104	1.9	2.9	34	51	1.9	2.8	53	80	69	103	78	117	1.21	1.82
Raspberry Razzle	207	311	0.59	0.89	1	0.93	0	0	78	117	62	93	3.3	4.9	38	57	5.1	7.7	90	135	61	92	148	222	1.15	1.72
Skinny Delight	186	279	0.56	0.84	0	0.1	0	0	2	3	44	66	2.9	4.4	29	43	0.66	0.99	870	1305	51	76	33	50	2.1	3.15
Soy Smoothie	191	285	0.46	0.7	1	0.9	0	0	44	44	50	75	3.1	4.6	21	31	8.6	12.9	201	301	37	56	75	112	3.58	5.37
Strawberry Supreme	221	332	0.27	0.4	0	0.1	0	0	42	63	55	83	2.9	4.3	35	53	2.5	3.8	80	120	32	43	89	133	1.48	2.22
Tropical Passion	236	354	1.13	1.69	0	0.1	0	0	11	16	71	107	2.5	3.8	50	75	1.5	2.3	2091	3135	48	72	35	53	1.21	1.82