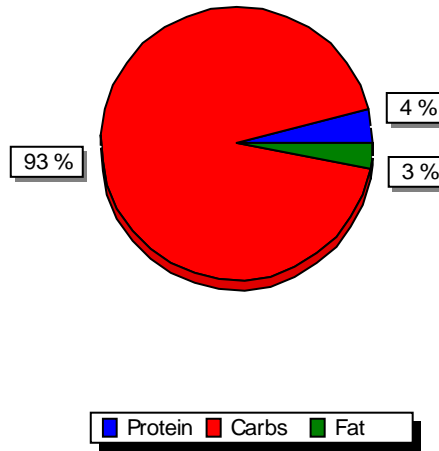




GOLDEN SMOOTHIE

4-93-3 Ratio

Number of Servings: 5.49
 Calories Per Serving: 62
 PCF Ratio: 4-93-3
 Single Serving Comment:



Nutrition Information

Serving Size: (100g)
 Servings: 1

Amount Per Serving

Calories 60 **Calories from Fat** 0
 % Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **6%**

Sugars 12 g

Protein 1 g

Vitamin A 10% Vitamin C 60%

Calcium 0% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Dietary Fiber (g)	Fat (g)
ORANGE JUICE, RAW	juice from 1 fruit, yields	1 fruit	86	38.7	.6	8.9	7.2	.2	.2
PINEAPPLE, CHUNKS IN JUICE, RTE	in 100% juice	1/4 cup	62	35	.3	9	7.5	.3	
MANGO, RAW	w/o refuse	1 fruit	207	134.6	1.1	35.2	30.6	3.7	.6
PAPAYA, RAW	4 1/2" long x 2.75" dia	1/2 small	76	29.6	.5	7.5	4.5	1.4	.1
BANANA, RAW	medium, 7" - 7 7/8" long	1 medium	118	105	1.3	27	14.4	3.1	.4
Recipe Total:			549	342.9	3.7	87.5	64.3	8.6	1.2
Single Serving Total:			100	62.5	.7	15.9	11.7	1.6	.2

GOLDEN SMOOTHIE (continued)

Name	Sat fat (g)	Trans Fat (g)	Cholest (mg)	Vit-A (mcg_RAE)	Vit-C (mg)	Calcium (mg)	Iron (mg)		
ORANGE JUICE, RAW	.0			8.6	43	9.5	.2		
PINEAPPLE, CHUNKS IN JUICE, RTE					30				
MANGO, RAW	.1			78.7	57.3	20.7	.3		
PAPAYA, RAW	.0			41.8	47	18.2	.1		
BANANA, RAW	.1			3.5	10.3	5.9	.3		
Recipe Total:	.3			132.6	187.6	54.3	.8		
Single Serving Total:	.1			24.2	34.2	9.9	.2		