

CHOCOLATE RASPBERRY SMOOTHIE BOWL

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 205
PROTEIN 9 G
TOTAL CARBOHYDRATE 40 G
FIBER 11.2 G
TOTAL FAT 4 G
SAT. FAT 1 G
SODIUM 100 MG
CALCIUM 192 MG
POTASSIUM 240 MG

USING WHOLE CHOCOLATE MILK

CALORIES 240
PROTEIN 8 G
TOTAL CARBOHYDRATE 45 G
FIBER 11.2 G
TOTAL FAT 3 G
SAT. FAT 2.8 G
SODIUM 80 MG
CALCIUM 182 MG
POTASSIUM 448 MG

