

Nutrition Facts

Smoothies

Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
Strawberry Smoothie	Small	279	3	2	6	31	61	49	2
	Medium	372	4	3	7	42	81	66	2
	Large	464	5	3	9	52	101	82	3
Berry Smoothie	Small	293	3	2	6	31	62	49	2
	Medium	392	4	3	7	42	83	66	2
	Large	489	5	3	9	52	104	82	3
Pina Colada Smoothie	Small	340	5	5	0	20	74	66	2
	Medium	453	7	7	0	27	99	88	3
	Large	567	8	8	0	33	123	110	3
Strawberry-Banana Smoothie	Small	266	3	2	5	26	59	41	2
	Medium	347	3	2	6	32	78	49	3
	Large	474	5	3	7	43	107	66	4

* Because Ellianos' beverages are handcrafted and may be customized, exact information may vary. Nutritional information is calculated based on Ellianos standard recipes and reflects average values from our ingredient suppliers. Data was calculated using a third party professional nutritionist and is deemed reliable, but we make no representations that it is exact. Variation in serving size, preparation, supplier ingredients and seasonal differences may affect the nutrition values for each drink. In addition, periodic product formulations may occur that result in variation in the nutrient content of our drinks.

