



Kool Aid Blue Raspberry Lemonade Freeze

Nutrition Facts	
Serving Size 1 one 8 oz. glass (19.00g)	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 0g Not a significant source of protein	
Vitamin A 0%	• Vitamin C 20%
Calcium 4%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 60 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	