



## Kool Aid Cherry Freeze

<b>Nutrition Facts</b>	
Serving Size 1 one 8 oz. glass (19.00g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 0g Not a significant source of protein	
Vitamin A 0%	•
Calcium 4%	•
Vitamin C 20%	
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	