

## Acai Bowl

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 555	
	<b>% Daily Value *</b>
<b>Total Fat</b> 15 g	<b>23 %</b>
Saturated Fat 4 g	<b>20 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 62 mg	<b>3 %</b>
<b>Potassium</b> 1283 mg	<b>37 %</b>
<b>Total Carbohydrate</b> 105 g	<b>35 %</b>
<b>Dietary Fiber</b> 19 g	<b>74 %</b>
<b>Sugars</b> 51 g	
<b>Protein</b> 9 g	<b>17 %</b>
Vitamin A	<b>20 %</b>
Vitamin C	<b>182 %</b>
Calcium	<b>12 %</b>
Iron	<b>17 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Green Bowl

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 688	
	<b>% Daily Value *</b>
<b>Total Fat</b> 41 g	<b>64 %</b>
Saturated Fat 7 g	<b>37 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 2 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 71 mg	<b>3 %</b>
<b>Potassium</b> 779 mg	<b>22 %</b>
<b>Total Carbohydrate</b> 78 g	<b>26 %</b>
<b>Dietary Fiber</b> 17 g	<b>67 %</b>
<b>Sugars</b> 38 g	
<b>Protein</b> 14 g	<b>28 %</b>
Vitamin A	<b>71 %</b>
Vitamin C	<b>51 %</b>
Calcium	<b>15 %</b>
Iron	<b>21 %</b>
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## Chocolate PB Bowl

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 916	
	<b>% Daily Value *</b>
<b>Total Fat</b> 39 g	<b>60 %</b>
Saturated Fat 8 g	<b>41 %</b>
Monounsaturated Fat 12 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 142 mg	<b>6 %</b>
<b>Potassium</b> 2146 mg	<b>61 %</b>
<b>Total Carbohydrate</b> 132 g	<b>44 %</b>
<b>Dietary Fiber</b> 25 g	<b>98 %</b>
<b>Sugars</b> 63 g	
<b>Protein</b> 24 g	<b>49 %</b>
Vitamin A	<b>15 %</b>
Vitamin C	<b>112 %</b>
Calcium	<b>40 %</b>
Iron	<b>27 %</b>
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## Strawberry Bowl

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 534	
<b>% Daily Value *</b>	
<b>Total Fat</b> 9 g	<b>14 %</b>
Saturated Fat 3 g	<b>15 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 48 mg	<b>2 %</b>
<b>Potassium</b> 900 mg	<b>26 %</b>
<b>Total Carbohydrate</b> 142 g	<b>47 %</b>
<b>Dietary Fiber</b> 9 g	<b>37 %</b>
<b>Sugars</b> 50 g	
<b>Protein</b> 10 g	<b>21 %</b>
Vitamin A	<b>18 %</b>
Vitamin C	<b>70 %</b>
Calcium	<b>7 %</b>
Iron	<b>9 %</b>
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## Orange Creamsicle Bowl

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 721	
<b>% Daily Value *</b>	
<b>Total Fat</b> 16 g	<b>25 %</b>
Saturated Fat 6 g	<b>31 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 55 mg	<b>18 %</b>
<b>Sodium</b> 107 mg	<b>4 %</b>
<b>Potassium</b> 1606 mg	<b>46 %</b>
<b>Total Carbohydrate</b> 118 g	<b>39 %</b>
<b>Dietary Fiber</b> 15 g	<b>60 %</b>
<b>Sugars</b> 72 g	
<b>Protein</b> 34 g	<b>68 %</b>
Vitamin A	<b>20 %</b>
Vitamin C	<b>186 %</b>
Calcium	<b>16 %</b>
Iron	<b>13 %</b>
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## Tropical Bowl

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 505	
<b>% Daily Value *</b>	
<b>Total Fat</b> 15 g	<b>24 %</b>
Saturated Fat 7 g	<b>34 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 53 mg	<b>2 %</b>
<b>Potassium</b> 780 mg	<b>22 %</b>
<b>Total Carbohydrate</b> 96 g	<b>32 %</b>
<b>Dietary Fiber</b> 14 g	<b>56 %</b>
<b>Sugars</b> 59 g	
<b>Protein</b> 8 g	<b>17 %</b>
Vitamin A	<b>43 %</b>
Vitamin C	<b>214 %</b>
Calcium	<b>14 %</b>
Iron	<b>12 %</b>
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