

## SHAVED ICE (SNO®)

# CAP'N CRUNCH SNO

Cap'n Crunch® flavor with Tropic Creme & Cap'n Crunch's Crunch Berries® cereal

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
<b>CALORIES</b>	<b>225</b>	<b>315</b>	<b>395</b>	<b>488</b>	<b>761</b>	<b>948</b>
<b>FAT CALORIES</b>	<b>45</b>	<b>60</b>	<b>90</b>	<b>120</b>	<b>180</b>	<b>240</b>
<b>TOTAL FAT (g)</b>	<b>5</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>18</b>	<b>24</b>
<b>SAT. FAT (g)</b>	<b>5</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>18</b>	<b>24</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>60</b>	<b>120</b>	<b>120</b>	<b>120</b>	<b>180</b>	<b>180</b>
<b>TOTAL CARB. (g)</b>	<b>50</b>	<b>70</b>	<b>84</b>	<b>102</b>	<b>161</b>	<b>197</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>11</b>	<b>11</b>
<b>SUGARS (g)</b>	<b>42</b>	<b>55</b>	<b>69</b>	<b>87</b>	<b>138</b>	<b>174</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>IRON</b>	<b>8%</b>	<b>15%</b>	<b>15%</b>	<b>15%</b>	<b>23%</b>	<b>23%</b>

## ISLAND SMOOTHIE CREAM BLEND

# CAP'N CRUNCH SMOOTHIE

Cap'n Crunch® blend, Cap'n Crunch's Crunch Berries® cereal,  
vanilla ice cream, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	435	644	860
FAT CALORIES	887	123	174
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	7	9	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	162	246	324
TOTAL CARB. (g)	87	131	172
DIETARY FIBER (g)	5	8	10
SUGARS (g)	76	115	151
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	0%	0%	0%
VITAMIN A	6%	9%	12%
CALCIUM	15%	23%	30%
IRON	10%	15%	20%

## ISLAND SMOOTHIE CREAM BLEND

# CAP'N CRUNCH SMOOTHIE, LITE

Cap'n Crunch® blend, Cap'n Crunch's Crunch Berries® cereal,  
vanilla ice cream, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	348	507	686
FAT CALORIES	47	63	94
TOTAL FAT (g)	6	8	12
SAT. FAT (g)	6	8	11
TRANS FAT (g)	0	0	0
CHOLEST (mg)	16	24	32
SODIUM (mg)	169	255	338
TOTAL CARB. (g)	78	116	154
DIETARY FIBER (g)	9	14	18
SUGARS (g)	55	82	109
SUGAR ALCOHOL (g)	4	6	8
PROTEIN (g)	5	7	10
VITAMIN C	0%	0%	0%
VITAMIN A	8%	12%	16%
CALCIUM	16%	24%	32%
IRON	10%	15%	20%