

Find your favorite Smoothie King Smoothie on the chart and crunch the numbers yourself.

Your Smoothie King® nutritional smoothie is custom-made with the finest ingredients available: tasty fruits and fruit juices, natural proteins and essential vitamins.

This nutritional chart is a complete smoothie analysis for 20oz. smoothies. To calculate the nutritional information for 32oz. smoothies, multiply by 1.5, and to calculate the nutritional information for 40oz. smoothies, multiply by 2 (with the exception of the Gladiator® where the protein remains the same for all three sizes). Refer to the chart if you are regulating your intake of fats, calories or other substances. Smoothie King® hopes that this information will help you make the right choice for healthier eating.

Make it skinny!



Please note that many of our nutritional smoothies are sweetened with turbinado. By telling us to "make it skinny" we'll leave out the turbinado and you will save 100 calories and 23g of carbs. Smoothies marked with * contain a smaller amount of turbinado and you save 50 calories and 11.5g of carbs.

Nutritional information is calculated based upon correct portioning of Smoothie King's standard recipes. Because our smoothies may be customized, exact information may vary. For any additional information, please call 1-800-577-4200.

If you have food allergies, please let us know so that we may take extra precautions when making your smoothie.

1. The Hulk™ smoothies contain Pecans from Butter Pecan Ice Cream.
 2. Peanut Power® & Peanut Power Plus™ Nutty Super Grain smoothies contain Peanut Butter.
 3. High Protein, Lean1 Chocolate & Lean1 Vanilla smoothies contain almonds.
 4. Nutritional information will vary depending on the fruits/juices you choose.
- * These smoothies contain a smaller amount of Turbinado and you save 50 calories and 11.5g carbs.

All smoothies are gluten free.



www.smoothieking.com

Nutritional Smoothie Meals	Calories with Turbinado (without Turbinado)	Calories from Fat	Fat [g]	Saturated Fat [g]	Cholesterol [mg]	Sodium [mg]	Carbohydrates [g] with Turbinado (without Turbinado)	Fiber [g]	Sugar [g] with Turbinado (without Turbinado)	Protein [g]
The Activator® - Blueberry Strawberry	300	10	1.5	0	0	135	49	2	41	23
The Activator® - Pineapple	300	10	1.5	0	0	160	50	2	43	23
The Activator® - Chocolate	220	25	3	1	10	330	24	4	14	28
The Activator® - Strawberry Banana	270	15	1.5	0	0	170	42	3	32	24
Banana Boat®	477 (377)	32	4	6	21	319	101 (78)	3	77 (54)	12
Coffee High Protein - Almond Mocha	420 (320)	110	12	1.5	55	280	49 (24)	3	43 (18)	31
Coffee High Protein - Cinnamon Latte	410 (360)	110	12	1.5	55	330	43 (30)	3	36 (23)	34
Coffee High Protein - Raspberry Mocha	430 (380)	110	12	1.5	55	310	52 (40)	4	44 (32)	31
Coffee High Protein - Vanilla	370 (320)	110	12	1.5	55	280	37 (24)	3	31 (18)	31
Gladiator® - Vanilla - varies w/fruit choice	220	25	2.5	.5	5	270	5	1	3	44
Gladiator® - Chocolate - varies w/fruit choice	230	25	3	1	10	360	6	2	3	45
Gladiator® - Strawberry - varies w/fruit choice	220	20	2.5	.5	5	240	5	0	3	44
Greek Yogurt-Peach Papaya	340	10	1	0	2	160	73	4	57	12
Greek Yogurt-Pineapple Mango	290	10	1	0	5	135	63	6	53	12
Greek Yogurt-Strawberry Blueberry	310	5	0.5	0	5	135	67	5	56	11
Green Tea Tango® - varies w/fruit choice	282(182)	28	3	2	16	190	52 (29)	2	40 (17)	8
Lean 1™ - Chocolate	310	100	12	2	5	360	38	10	16	19
Lean 1™ - Strawberry	270	45	5	1	5	270	39	7	25	16
Lean 1™ - Pineapple Mango	340	60	7	1	15	280	57	8	42	17
Lean 1™ - Vanilla	290	90	10	1	5	270	33	7	16	19
Original High Protein® - Banana - 3	314	79	9	1	45	297	32	4	23	27
Original High Protein® - Chocolate - 3	366 (266)	80	9	1	51	194	42 (19)	2	37 (14)	30
Original High Protein® - Pineapple - 3	314	80	9	1	45	315	29	2	23	27
Peanut Power Plus™ - Chocolate	698 (498)	224	26	3	25	491	98 (52)	6	63 (17)	24
Peanut Power Plus™ - Strawberry	680 (480)	184	21	3	1	179	112 (66)	9	94 (48)	15
Power Punch Plus®	448 (348)	10	1	0	10	59	97 (74)	6	86 (61)	11
Slim-N-Trim™ - Chocolate	250	25	3	0.5	15	330	41	6	26	21
Slim-N-Trim™ - Strawberry	240	20	2	0	5	170	52	6	38	11
Slim-N-Trim™ - Vanilla	210	25	2.5	0	10	260	40	6	22	14
The Hulk™ - Chocolate	770 (670)	240	27	13	85	340	110 (85)	4	96 (71)	24
The Hulk™ - Strawberry	910 (810)	240	27	13	85	340	145 (120)	6	127 (102)	24
The Hulk™ - Vanilla	770 (670)	240	27	13	85	340	110 (85)	4	96 (71)	23
The Shredder™ - Chocolate	311	28	3	0	45	315	36	1	19	29
The Shredder™ - Strawberry - 4	356	8	1	0	11	329	56	3	41	30
The Shredder™ - Vanilla	283	16	2	0	22	592	30	0	12	36
Vegan - Nutty Super Grain	440	190	21	3	0	230	54	7	30	18
Vegan - Dark Chocolate Banana	330	35	4	1.5	0	95	64	10	36	12
Vegan - Mango Kale	320	50	6	0.5	0	90	63	6	44	11
Yogurt D-Lite® - varies w/fruit choice	275 (175)	33	4	2	22	316	46 (23)	0	34 (11)	13
Refreshing Fruit Smoothies										
<i>Less than 1g Fat & Under in a 20oz. Cup</i>										
Angel Food™	350 (254)	1	0	0	1	50	84 (61)	6	75 (52)	4
Banana Berry Treat®*	360 (310)	4	0	0	6	129	86 (75)	5	75 (64)	4
Berry Punch™	360	0	0	0	0	95	91	4	84	0
Blueberry Heaven®	325	8	1	0	11	259	73	2	64	7
Caribbean Way®	395 (295)	0	0	0	0	4	97 (74)	6	89 (66)	1
Immune Builder-Mixed Berry	310	5	0.5	0	0	135	76	4	60	2
Immune Builder - Orange	390	10	1	0	0	120	95	4	76	4
Island Impact®	290	5	0.5	0	5	110	67	1	61	4
Mangofest™	280	5	0.5	0	0	0	70	3	65	2
Mangosteen Madness™	380 (280)	0	0	0	0	30	94 (71)	2	92 (69)	1
Passion Passport®	390 (290)	0	0	0	0	15	98 (73)	1	85 (60)	1
Pure Recharge® - Strawberry	240	5	0.5	0	5	140	57	2	50	3
Pure Recharge® - Mango Strawberry	290	5	0	0	0	105	72	3	66	1
Strawberry Kiwi Breeze®	376	4	0	0	6	131	90	3	84	4
Strawberry X-Treme®	320	0	0	0	0	10	82	6	76	1
Veggie Blends-Apple Kiwi Kale	277	1	0	0	0	109	68	2	62	1
Veggie Blends-Berry Carrot Dream	278	1	0	0	0	153	68	5	58	1
Veggie Blends-Carrot Kale Dream	222	5	1	0	5	155	50	3	40	4
Local Selections										
<i>Specially picked by us, for you. . .</i>										
Acai Adventure®*	435 (385)	44	5	1	6	163	92 (81)	4	75 (64)	5
Lemon Twist® Strawberry	398 (298)	0	0	0	0	10	97 (74)	3	94 (71)	1
Muscle Punch®	360 (260)	8	1	0	1	50	84 (61)	6	75 (52)	5
Peach Slice Plus®	400 (300)	1	0	0	1	65	94 (71)	4	90 (67)	4
Pineapple Pleasure®	280 (180)	0	0	0	0	25	67 (44)	3	62 (39)	1
Pineapple Surf®	461 (361)	8	1	0	11	279	104 (81)	4	92 (69)	7
Super Punch Plus®	395	0	0	0	0	194	100	6	90	1
Kids Cups										
<i>100% of the RDA Vitamins for Kids</i>										
Apple Kiwi Bunga	150	1	0	0	0	0	37	0	33	0
Choc-A-Laka™	210	29	4	1	34	255	32	1	15	13
Lil' Angel!™	210	0	0	0	0	7	52	5	43	1
Strawberry Bluegurt Blitz	160	5	0	0	5	70	35	1	28	5