

# NUTRITION INFORMATION / पोषण संबंधी

## जानकारी

### Banana Milkshake

Serving Size / सर्वगि साइज़: 100.0g | Servings per pack / प्रति पैक सर्वगि: 1.0

Amount per serving / प्रति सर्वगि मात्रा

Nutrient / पोषक तत्व	Per Serve / प्रति सर्वगि	Per 100g	% DV*
<b>Energy / ऊर्जा</b>	82.35kcal	82.35kcal	4.1%
<b>Total Fat / कुल वसा</b>	1.49g	1.49g	2.2%
<b>Protein / प्रोटीन</b>	1.52g	1.52g	2.8%
<b>Total Carbohydrate / कुल कार्बोहाइड्रेट</b>	16.87g	16.87g	5.6%
Saturated Fat / संतुप्त वसा	0.04g	0.04g	0.2%
Trans Fat / ट्रांस वसा	0.0g	0.0g	-
Cholesterol / कोलेस्ट्रॉल	0.0mg	0.0mg	0.0%
<b>Total Sugars / कुल शर्करा</b>	11.8g	11.8g	23.6%
Added Sugars / मिलाई गई शर्करा	2.27g	2.27g	4.5%
Dietary Fibre / आहार रेशा	1.23g	1.23g	4.9%
<b>Sodium / सोडियम</b>	8.32mg	8.32mg	0.4%
<b>Calcium / कैलशियम</b>	37.19mg	37.19mg	3.7%
<b>Iron / लोहा</b>	0.21mg	0.21mg	1.2%
<b>Potassium / पोटैशियम</b>	149.78mg	149.78mg	4.3%
<b>Vitamin C / विटामिन सी</b>	7.39mg	7.39mg	18.5%
<b>Folate</b>	11.13µg	11.13µg	2.8%

\*%DV = % Daily Value based on a 2000 kcal diet. Your daily values may vary based on your calorie needs.

### INGREDIENTS / सामग्री:

Banana milkshake (Kele milkshake) (200.0g), Banana (150.0g), Honey (10.0g), Cold vanilla souffle (2.0g)

<b>Total Fat</b>	1.49g/100g	<b>LOW</b>
<b>Saturated Fat</b>	0.04g/100g	<b>LOW</b>
<b>Total Sugars</b>	11.8g/100g	<b>MEDIUM</b>
<b>Sodium</b>	8.32mg/100g	<b>LOW</b>

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