

BARE Blends Centennial - Nutritional Information

Bowls	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Asana Acai	437.1	22.3	44	11.1	12	1.3	305.5	2.1	630.6	0	20.8
Beach Bum	446.8	19	70.5	10.6	11.2	1.2	271.5	2.4	645.1	0	45.7
Blue Lagoon	459.2	15.3	68.7	8.5	4.7	1.6	153.7	1.6	835.8	0	27.9
Build Me Up PB Cup	526.6	24.9	56.2	10.1	25.2	1.4	266.4	1.2	724.1	0	27.7
Creamsicle Crush	409.9	14.9	58.1	10.6	11	0.5	178.2	1.7	564.3	0	38.8
Emerald Envy	413.8	13.2	58	10.2	14.4	1.1	240.8	2	559.1	0	37.4
Harry's Bowl	492.5	24.3	58	11.4	13.3	0.6	149.8	1.6	462.9	0	28.5
Kief Relief	400.9	15.3	61	11	9.3	0.6	234.2	0.7	621.1	0	33.4
Vanilla Latte	512.1	18.2	77.8	13.1	17.5	0.7	117	4.5	1022.4	0	35.7
Very Berry	420.9	24.6	54.4	12.9	10.6	0.5	228.2	3.4	706.7	0	26.1
Smoothies	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Berry Restore	211.3	4.5	36.5	10.3	8.3	2.5	493.1	2.2	607.9	0	21.8
Blueberry Muffin	277.2	10.2	43.8	8.5	11.2	2.5	520.1	1.9	562.2	0	21.9
Bountiful Bala	204.8	8.1	34.7	5.2	1.8	2.1	416.2	1.1	508.4	0	23.6
Chai Spice	334	10.1	47.6	8.3	11.4	3.1	539.3	3.5	847.6	0	26.6
Cloud 9	407.1	16.8	44.2	10.6	16.5	3.1	544.6	3.1	787	0	22.3
Coffee Climb	403.1	20.5	31.8	9.6	19.8	0.6	177.4	1.5	801.2	0	14.7
Purple Haze	213.8	2.8	50.2	6.7	2.8	2.5	457.8	1.1	695.2	0	31.6
Runner Up	248.9	8.2	34.9	7.5	10.8	2	349.6	1.9	793.4	0	24.1
Sunny Centennial	148	0.8	36.3	6.6	1.9	0	53.4	0.9	667.9	0	26.7
Tequila-Less Sunrise	201.8	5.6	39.2	6.5	2.8	3	162.1	2.9	569.3	0	31.7
Protein Drinks	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Coffee Blend	174.9	7	17	4.9	13.1	1.9	193.5	2.9	392.7	0	5.5
Decadent Blend	258	16.3	12.8	4.2	16.4	3.1	543.1	1.1	340	0	6.3
Marble Blend	228	6.1	21.2	4.2	22	3.5	572.4	2.7	516	0	13.4
Juice (16oz)	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Green Glow	117	1.11	35.98	1.2	4.14	0	131	1.57	675	0	18.94
Red Restore	113	0.72	32.42	1	3.42	0	67	1.51	857	0	21.58
Immunity Ignite	101	0.53	20.76	0.9	2.03	0	68	0.49	552	0	20.29
Ocean Breeze	103	0.5	31.1	0.7	2	0	10	1	295	0	22.3
Tickled Pickle	100	0.8	28.4	0.7	3.6	0	105	1.5	642	0	15.1
Juice Jug (32oz)	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Green Glow	234	2.22	71.96	2.4	8.28	0	262	3.14	1350	0	37.887
Red Restore	226	1.44	68.84	2	6.84	0	134	3.02	1714	0	43.16
Immunity Ignite	202	1.06	41.52	1.8	4.06	0	136	0.98	1104	0	40.58
Ocean Breeze	206	1	62.2	1.4	4	0	20	2	590	0	44.6
Tickled Pickle	200	1.6	56.8	1.4	7.2	0	28	3	1284	0	30.2
Waffles (1 waffle)	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Avocado	133.8	6.7	14.5	4.2	5.6	0	19.7	0.9	161.4	0	2
Banana Nut	170.4	9.2	18.1	2.7	5.8	0.1	34.2	1.1	130.1	0	1.7
Blueberry	169.2	7.2	22.7	3.6	5	0.1	44.7	0.7	95.6	0	6.7
Buffalo	165.8	8.9	15.1	4.5	8.7	0	40.5	1.1	253.5	0	2.2
Caveman	137.6	7.2	14.2	3.1	5.3	0.1	51	0.8	103	0	2.5
Greek	125	5.9	12.9	3	6	0.1	42	1	164.4	0	1.2
OG	157.1	7.9	17.7	3.5	5	0.1	56.8	0.8	104.7	0	2.4
Taco	179.9	9.9	18.2	4.6	7	0	27.8	1.7	231.2	0	1.8

With Side Fruit/ Dressing											
Avocado	231.3	16.2	17.2	4.3	5.7	0	24.5	1.1	180.1	0	4.3
Banana Nut	196.6	9.2	18.1	2.7	6.2	0.1	34.2	1.1	130.1	0	2.2
Blueberry	195.4	7.2	22.7	3.6	5.4	0.1	44.7	0.7	95.6	0	7.2
Buffalo	258.9	19.4	15.2	4.5	8.8	0	47.1	1.1	257	0	2.6
Caveman	163.8	7.2	14.2	3.1	5.7	0.1	51	0.8	103	0	2.9
Greek	195.2	13.5	13.2	3.1	6.1	0.1	43.7	1.1	179	0	1.4
OG	183.3	7.9	17.7	3.5	5.4	0.1	56.8	0.8	104.7	0	2.8
Taco	196.3	11.5	18.6	4.6	7	0	28.3	1.7	235.3	0	1.8
Salads	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Buddha	399.4	21.4	30.6	9	27.2	0	177.6	4.7	928.9	0	12.1
Buffalo	374.8	17.4	32.4	12	30.5	0	236.5	5.2	1384.6	0	11.2
Fiesta	326.4	18.5	33.3	9.4	12.3	0	90.2	4.9	840.3	0	5.8
Mediterranean	366	15.2	40.6	12.2	20.4	0.1	261.9	4.7	1601.1	0	8.4
With Dressing											
Buddha	469.1	27.6	33.2	9.4	28.4	0	200.7	5.2	960.7	0	12.3
Buffalo	480.6	28.5	33.7	12.1	31.4	0	246.5	5.3	1401.9	0	11.8
Fiesta	461.1	32	36.9	9.6	12.4	0	93.7	5	873.7	0	6
Mediterranean	453.7	24.7	41.1	12.3	20.5	0.1	263.9	4.9	1619.4	0	8.6
Kids Bowls	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vitamin D	Calcium	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Baby Blue	267.4	2.3	53.5	6.9	3.3	1	90.6	0.3	724.5	0	25.8
Beach Babe	208.1	3.4	46.9	6	3	0	31.1	0.8	379.7	0	22
Sweetie Pie	194.5	4.1	35.2	5.6	3.9	0.6	130.2	0.7	395.9	0	18.3
Kids Smoothies											
Cocoa Cookie Crazy	199.5	6.4	27.5	4.7	5.7	2.3	229.6	2.4	606.9	0	11
Fruity Pebbles	167.1	4.7	23.5	4.2	6.5	1.5	234.1	1	441	0	12.3
Harry's PBJ	182.8	10.6	16.5	3.8	5.8	1.9	358.3	1	313.6	0	9.6
Kids Toastinis (1 waffle)											
Blueberry	152.7	7.3	18.4	3	5	0.1	45.1	0.7	92.8	0	2.1
PBJ	151.8	8.2	14.6	3.2	6	0.1	33.7	0.7	75.7	0	3.3
OG	166.4173	9.5	16.7	3.7	6.2	0.1	61.9	1	100.4	0	2.3