



# *Nutritional Guide*



Product Name	Serving size	Calories	Calories from fat	Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Fiber (grams)	Sugar (grams)	Protein (grams)
Cinnabon® Classic Roll	1 (268g)	880	330	37	17	0	55	820	127	2	58	13
MiniBon® Roll	1 (97g)	350	130	15	7	0	25	330	51	1	23	5
Caramel Pecanbon®	1 (310g)	1080	460	51	20	0	65	950	146	3	75	14
Caramel Pecanbon® MiniBon® Roll	1 (118g)	450	200	22	8	0	30	390	60	2	32	6
Cinnabon® Classic BonBites™ 4 ct	4-Bites (134g)	430	150	17	8	0	25	370	60	1	25	5
Cinnabon® Classic BonBites™ 6 ct	6 Bites (200g)	640	230	25	11	0	35	560	90	2	38	8
Caramel Pecan BonBites™ 4 ct	4 Bites (155g)	580	260	29	10	0	25	470	73	2	39	7
Caramel Pecan BonBites™ 6 ct	6 Bites (232g)	860	380	42	15	0	40	700	109	3	59	10
Cinnabon Stix® 5 ct	5 Stix (113g)	420	190	22	10	0	20	440	51	1	21	6
Cinnabon Stix® 10 ct	10 Stix (225g)	840	390	43	19	0.5*	35	880	102	2	41	12
Churro 1 ct	1 (85g)	290	90	10	2	0	0	340	43	2	14	6
Center of The Roll™ Classic	1 (216g)	750	300	33	16	0	20	650	106	1	59	9
Center of The Roll™ Caramel Pecanbon®	1 (231g)	840	380	42	16	0	50	700	108	3	59	10
CinnaSweeties™ 5 ct	1 (60g)	250	110	13	6	0	0	190	31	1	13	3
CinnaSweeties™ 10 ct	1 (121g)	500	230	25	12	0	0	380	63	2	27	7
CinnaSweeties™ 15 ct	1 (182g)	750	340	38	18	0	0	570	95	2	40	10
Frosting Cup	1 (45g)	210	120	13	6	0	10	120	23	0	21	1
CinnaPack® Classic Rolls 6 pk & 4 pk	1 Roll (282g)	940	360	41	18	0	60	850	134	2	65	13
CinnaPack® MiniBon® Rolls 15 pk & 9 pk	1 Roll (105g)	380	150	17	8	0	25	330	53	1	27	5
CinnaPack® Classic BonBites™ 24 pk	4 Bites (134g)	490	190	21	10	0	30	410	69	2	37	5
CinnaPack® Caramel Pecanbon®	1 Roll (310g)	450	460	51	20	0	65	950	146	3	75	14
CinnaPack® Caramel Pecanbon® Rolls MiniBon® Rolls 15 pk & 9 pk	1 Roll (118g)	1080	200	22	8	0	30	390	60	2	32	6
CinnaPack® Caramel Pecan BonBites™ 24 pk	4 Bites (134g)	630	280	31	12	0	30	500	78	2	44	7
MochaLatta Chill® 10 oz	10 fl. oz (302g)	200	70	7	5	0	20	110	30	1	28	4
MochaLatta Chill® 16 oz	16 fl. oz (530g)	360	130	14	8	0	40	200	53	1	49	8
MochaLatta Chill® 24 oz	24 fl. oz (644g)	420	140	16	9	0	45	280	64	2	59	10
Classic Lemonade 10 oz	10 fl. oz (283g)	80	0	0	0	0	0	0	21	0	19	0
Classic Lemonade 16 oz	16 fl. oz (496g)	140	0	0	0	0	0	5	37	0	34	0
Classic Lemonade 24 oz	24 fl. oz (610g)	170	0	0	0	0	0	10	45	0	41	0
Raspberry Lemonade 10 oz	10 fl. oz (283g)	100	0	0	0	0	0	5	27	0	25	0
Raspberry Lemonade 16 oz	16 fl. oz (496g)	180	0	0	0	0	0	15	48	0	44	0
Raspberry Lemonade 24 oz	24 fl. oz (610g)	230	0	0	0	0	0	15	58	0	54	0
Frozen Classic Lemonade, 16 oz	16 fl. oz (488g)	310	0	0	0	0	0	10	83	0	74	0
Frozen Classic Lemonade, 24 oz	24 fl. oz (610g)	440	0	0	0	0	0	15	117	1	105	0

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Frozen Raspberry Lemonade, 16 oz	16fl. oz (465g)	240	5	0	0	0	0	25	61	0	56	0
Frozen Raspberry Lemonade, 24 oz	24 fl. oz (626g)	340	5	0	0	0	0	35	85	0	78	0
Orange Juice 12 oz	12 fl. oz (374g)	180	5	0	0	0	0	5	43	1	31	3
Orange Juice 16 oz	16 fl. oz (498g)	240	5	1	0	0	0	10	57	1	41	3
Iced Coffee Vanilla 10 oz	10 fl. oz (283g)	80	10	2	1	0	5	25	15	0	15	1
Iced Coffee Vanilla 16 oz	16 fl. oz (496g)	140	20	3	2	0	5	40	27	0	27	2
Iced Coffee Vanilla 24 oz	24 fl. oz (610g)	170	25	3	2	0	10	50	33	0	33	3
Iced Coffee Cinnamon Roll 10 oz	10 fl. oz (298g)	90	15	2	1	0	5	50	18	0	17	2
Iced Coffee Cinnamon Roll 16 oz	16 fl. oz (523g)	170	30	35	2	0	10	90	32	1	30	4
Iced Coffee Cinnamon Roll 24 oz	24 fl. oz (642g)	210	35	4	2.5	0	10	110	39	1	37	4
Strawberries & Cream Chillatta™ 10 oz	10 fl. oz (346g)	430	180	20	12	0	115	110	58	0	50	6
Strawberries & Cream Chillatta™ 16 oz	16 fl. oz (558g)	710	300	33	20	0.5*	185	170	96	1	82	9
Strawberries & Cream Chillatta™ 24 oz	24 fl. oz (699g)	890	370	41	24	0.5*	235	220	121	1	103	11
Peaches & Cream Chillatta™ 10 oz	10 fl. oz (346g)	430	180	20	12	0	115	110	57	0	49	6
Peaches & Cream Chillatta™ 16 oz	16 fl. oz (558g)	700	300	33	20	0.5*	185	170	94	0	81	9
Peaches & Cream Chillatta™ 24 oz	24 fl. oz (699g)	880	370	41	24	0.5*	235	220	119	1	102	11
Double Chocolate Mocha Chillatta™ 10 oz	10 fl. oz (315g)	240	70	8	5	0	20	100	43	2	39	5
Double Chocolate Mocha Chillatta™ 16 oz	16 fl. oz (488g)	360	120	13	7	0	35	160	59	3	54	8
Double Chocolate Mocha Chillatta™ 24 oz	24 fl. oz (618g)	460	130	15	8	0	40	200	79	4	72	10
Oreo® Cookies & Cream Chillatta™ 10 oz	10 fl. oz (344g)	510	220	24	13	0	115	310	69	1	51	7
Oreo® Cookies & Cream Chillatta™ 16 oz	16 fl. oz (562g)	870	360	40	21	0.5*	185	570	118	2	86	12
Oreo® Cookies & Cream Chillatta™ 24 oz	24 fl. oz (703g)	1090	450	50	26	0.5*	235	730	150	2	108	15
Signature Cinnamon Roll Chillatta™ 10 oz	10 fl. oz (366g)	600	240	26	15	0	110	260	83	2	51	8
Signature Cinnamon Roll Chillatta™ 16 oz	16 fl. oz (606g)	1000	400	44	25	0.5*	190	440	140	2	88	12
Signature Cinnamon Roll Chillatta™ 24 oz	24 fl. oz (730g)	1190	450	50	28	1*	215	510	173	3	103	14
Ghirardelli® Hot Cocoa 12 oz	12 fl. oz (373g)	250	90	10	7	0	20	260	41	2	35	2
Ghirardelli® Hot Cocoa 16 oz	16 fl. oz (431g)	310	100	11	7	0	20	340	53	3	45	4
Ghirardelli® Hot Cocoa 20 oz	20 fl. oz (558g)	360	110	12	8	0	25	430	64	4	64	5
Cinnamon Roll Hot Cocoa 12 oz	12 fl. oz (382g)	300	90	10	7	0	20	260	54	3	35	4
Cinnamon Roll Hot Cocoa 16 oz	16 fl. oz (445g)	360	100	11	7	0	20	350	66	4	45	4
Cinnamon Roll Hot Cocoa 20 oz	20 fl. oz (580g)	440	110	12	8	0	25	430	83	5	55	5

\*naturally occurring trans fats

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