



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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