



# 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)	440	150	17	8	0	25	380	64	2	33	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	7	59	10
Cinnabon Stix® 5 ct	5 Stix (107g)	400	190	21	9	0	20	440	46	1	16	6
Cinnabon Stix® 10 ct	10 Stix (213g)	790	380	42	19	.05*	35	870	92	3	33	12
Churro 1 ct	1 (88g)	280	102	11	2	0	0	375	39	1	8	5
Center of The Roll™ Classic	1 (216g)	750	300	34	16	0	50	640	105	2	58	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)	260	120	13	7	0	0	220	30	1	13	3
CinnaSweeties™ 10 ct	1 (121g)	520	240	27	13	0	0	430	61	2	26	7
Frosting Cup	1 (48g)	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	340	54	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® Rolls MiniBon® Rolls 15 pk & 9 pk	1 Roll (310g)	450	460	51	20	0	65	950	146	3	75	14
CinnaPack® Caramel Pecanbon®	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® 16 oz	16 fl. oz (529g)	360	130	15	9	0	50	240	52	1	48	8
MochaLatta Chill® 24 oz	24 fl. oz (642g)	420	150	17	10	0	55	290	63	1	56	10
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 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
Orange Juice 12 oz	12 fl. oz (373g)	160	10	1	0	0	0	0	38	0	38	3
Orange Juice 16 oz	16 fl. oz (498g)	220	10	2	0	0	0	0	50	1	50	4
Iced Coffee Vanilla	16 fl. oz (496g)	130	20	3	2	0	5	40	26	0	26	2
Iced Coffee Vanilla	24 fl. oz (610g)	160	25	3	2	0	10	50	32	0	32	3
Iced Coffee Cinnamon Roll	16 fl. oz (523g)	170	30	4	2	0	10	85	32	1	30	4

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Iced Coffee Cinnamon Roll	24 fl. oz (642g)	210	35	4	3	0	10	105	39	1	37	4
Strawberry Chillatta™ 16 oz	16 fl. oz (498g)	520	100	11	6	0	45	260	105	2	94	2
Strawberry Chillatta™ 24 oz	24 fl. oz (645g)	690	120	14	7	0	55	340	142	2	142	3
Strawberry Banana Chillatta™ 16 oz	16 fl. oz (498g)	530	100	11	11	0	45	105	107	0	98	2
Strawberry Banana Chillatta™ 24 oz	24 fl. oz (644g)	710	120	14	7	0	55	115	146	0	130	3
Tropical Blast® Chillatta™ 16 oz	16 fl. oz (495g)	490	70	8	4	0	20	105	105	1	87	1
Tropical Blast® Chillatta™ 24 oz	24 fl. oz (640g)	640	80	8	4	0	20	140	140	1	119	1
Chocolate Mocha Chillatta™ 16 oz	16 fl. oz (491g)	370	120	14	8	0	45	200	61	3	55	8
Chocolate Mocha Chillatta™ 24 oz	24 fl. oz (624g)	480	140	16	9	0	50	250	82	4	72	10
Oreo® Chillatta™ 16 oz	16 fl. oz (551g)	810	340	38	21	0.5*	185	430	109	2	81	11
Oreo® Chillatta™ 24 oz	24 fl. oz (695g)	1040	430	48	26	0.5*	235	600	142	2	105	14
Cinnamon Roll Coffee Chillatta™ 16 oz	16 fl. oz (591g)	830	320	35	21	0.5*	195	310	120	1	101	10
Cinnamon Roll Coffee Chillatta™ 24 oz	24 fl. oz (734g)	1030	390	43	26	1*	240	380	150	1	126	12
Ghirardelli® Hot Cocoa 12 oz	12 fl. oz (359g)	220	60	7	4.5	0	10	260	39	2	34	3
Ghirardelli® Hot Cocoa 16 oz	16 fl. oz (417g)	270	70	8	5	0	10	340	51	3	44	4
Ghirardelli® Hot Cocoa 20 oz	20 fl. oz (544g)	330	80	9	6	0	10	430	62	4	54	5
Cinnamon Roll Hot Cocoa 12 oz	12 fl. oz (366g)	240	60	7	4.5	0	10	260	46	3	34	3
Cinnamon Roll Hot Cocoa 16 oz	16 fl. oz (431g)	320	70	8	5	0	10	350	64	4	44	4
Cinnamon Roll Hot Cocoa 20 oz	20 fl. oz (558g)	380	80	9	6	0	10	430	75	5	54	5
Coffee 12 oz	12 fl. oz (283g)	5	0	0	0	0	0	5	0	0	0	0
Coffee 16 oz	16 fl. oz (340g)	5	0	0	0	0	0	5	0	0	0	0
Coffee 20 oz	20 fl. oz (510g)	5	0	0	0	0	0	10	0	0	0	0
Hot Cocoa 12 oz (with 1 Packet, ½ oz Whipped Cream)	12 fl. oz (344g)	170	45	5	3	0	15	222	28	1	23	3
Hot Cocoa, 16 oz (with 2 Packet, ½ oz Whipped Cream)	16 fl. oz (473g)	290	70	7	4	0	15	410	51	2	42	5
Hot Cocoa, 12 oz (w/Chocolate Sauce, Whole Milk, ½ oz Whipped Cream)	12 fl. oz (230g)	290	80	9	5	0	25	80	51	4	44	8
Hot Cocoa, 16 oz (w/Chocolate Sauce, Whole Milk, ½ oz Whipped Cream)	16 fl. oz (303g)	360	100	11	6	0	30	100	63	5	55	10
Milk, Skim-Whole, 12 oz	12 fl. oz (366g)	120-220	5-110	0-12	0-7	0	5 to 35	150	17-18	0	17-18	12
Milk, Skim-Whole, 16 oz	16 fl. oz (488g)	170-290	5-140	0-16	0-9	0	10 to 50	200-210	22-24	0	22-24	16-17
Chocolate Reduced Fat Milk, 12 oz with Cheese Roll	12 fl. oz (375g)	280	60	7	4.5	0	30	250	45	3	36	11
Chocolate Reduced Fat Milk, 16 oz with Cheese Roll	16 fl. oz (500g)	380	90	9	6	0	40	330	61	3	48	15
Egg & Cheese Sandwich with Cheese Roll	1 (166g)	410	170	18	10	0.5*	100	1030	41	1	7	19

\*naturally occurring trans fats

Test products and limited-time offers are not included but can be obtained by contacting us through [custsvcs@focusbrands.com](mailto:custsvcs@focusbrands.com).

Last updated 08-23-16

