

Prepared Foods Nutrition Facts



Café Au Lait	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	12 oz	70	35	3.5	5	2.5	13	0	15	5	65	3	6	2	0	0	6	4	2	2	15	0
Whole Milk	16 oz	90	40	4.5	7	3	15	0	20	7	80	3	7	2	0	0	7	5	4	2	20	0
Whole Milk	20 oz	120	60	7	11	4	20	0	30	10	115	5	10	3	0	0	10	7	4	4	25	0
Bullet Coffee	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	12 oz	330	330	38	58	29	145	1	60	20	10	0	0	0	0	0	0	0	0	20	0	0
Golden Milk	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	8 oz	80	60	6	9	4	20	0	0	0	135	6	6	2	1	4	4	1	8	0	40	6
	12 oz	130	90	10	15	6	30	0	0	0	220	9	9	3	2	8	6	2	15	0	60	10
London Fog	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	16 oz	240	50	6	9	3.5	18	0	25	8	90	4	44	15	0	0	0	6	4	2	20	0
Flavor Infused Coffee	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Flavor Infused Coffee	12 oz	80	0	0	0	0	0	0	0	0	0	0	18	6	0	0	18	0	0	0	0	0
Flavor Infused Coffee	16 oz	100	0	0	0	0	0	0	0	0	0	0	24	8	0	0	24	0	0	0	0	0
Flavor Infused Coffee	20 oz	130	0	0	0	0	0	0	0	0	0	0	30	10	0	0	30	0	0	0	0	0
Fruit Infused Iced Tea	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Fruit Infused Iced Tea	12 oz	80	0	0	0	0	0	0	0	0	10	0	19	6	0	0	18	0	2	15	2	2
Fruit Infused Iced Tea	16 oz	110	0	0	0	0	0	0	0	0	10	0	25	8	1	4	23	1	2	20	2	2
Fruit Infused Iced Tea	20 oz	130	0	0	0	0	0	0	0	0	15	1	32	11	1	4	29	1	2	25	4	2

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Kombucha - Organic Raspberry Lemon	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Organic Raspberry Lemon Ginger	9 oz	40	0	0	0	0	0	0	0	0	10	0	10	3	0	0	10	0	0	0	0	0
Organic Raspberry Lemon Ginger	12 oz	50	0	0	0	0	0	0	0	0	15	1	14	5	0	0	14	0	0	0	0	0
Roibos Latte	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Whole Milk	8 oz	140	15	2	3	1	5	0	10	3	35	1	28	9	0	0	27	2	2	0	6	4
Southern Sweet Tea	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Southern Sweet Tea	8 oz	60	0	0	0	0	0	0	0	0	5	0	15	5	0	0	15	0	0	0	0	0
Southern Sweet Tea	12 oz	80	0	0	0	0	0	0	0	0	10	0	22	7	0	0	22	0	0	0	0	0
Southern Sweet Tea	16 oz	110	0	0	0	0	0	0	0	0	15	1	30	10	0	0	30	0	0	0	2	0
Southern Sweet Tea	20 oz	140	0	0	0	0	0	0	0	0	15	1	37	12	0	0	37	0	0	2	0	0
Sweet Tea	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Sweet Tea	12 oz	100	0	0	0	0	0	0	0	0	10	0	24	8	0	0	24	0	0	0	0	0
Sweet Tea	16 oz	130	0	0	0	0	0	0	0	0	0	0	10	0	31	10	0	0	31	0	2	0
Sweet Tea	20 oz	170	0	0	0	0	0	0	0	0	15	1	39	13	0	0	39	0	0	0	2	0

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Milk Options	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Skim Milk	12 oz	-50	-60	-7	-11	-4	-20	-	-30	-10	+10	-	+1	-	-	-	+1	-3	+4	-	-	-
Skim Milk	16 oz	-70	-50	-10	-15	-6	-30	-	-40	-40	+10	-	+3	+1	-	-	+2	-4	+7	-	-	-
Skim Milk	20 oz	-80	-120	-13	-20	-8	-40	-	-50	-16	+20	+1	+3	+1	-	-	+1	-6	+20	+2	-	-
Almond Milk	12 oz	-70	-40	-5.0	-7	-4.0	-20	-	-30	-10	+30	+1	-3	+1	+1	+4	-4	-6	+4	-4	-17	+2
Almond Milk	16 oz	-110	-70	-6.5	-10	-6	-30	-	-45	-15	+50	+2	-4	-1	+1	+4	-5	-9	+7	-6	-25	+2
Almond Milk	20 oz	-130	-80	-8.5	-13	-8	-40	-	-55	-18	+60	+3	-6	-3	+2	+8	-8	-11	+10	-6	-30	+4
Lactaid Milk	12 oz	-	-	-	+1	-5	-2	-	-10	-4	-15	-1	-	-	-	-	-	-	+2	-4	-	-
Lactaid Milk	16 oz	-	-	-	-	-	-	-	-15	-5	-25	-1	+1	-	-	-	+1	-	+2	-6	-	-
Lactaid Milk	20 oz	+10	-	-	-	-1	-5	-	-15	-5	-30	-1	-	-	-	-	-	-	+5	-6	-	-
Soy Milk	12 oz	-40	-30	-3.5	-6	-4.0	-20	-	-30	-10	-	-	-3	-1	+1	+4	-5	-	+4	-4	-	+4
Soy Milk	16 oz	-60	-45	-5	-7	-5.5	-27	-	-45	-15	-10	-1	-5	-2	+1	+4	-7	-1	+7	-6	-	+8
Soy Milk	20 oz	-80	-60	-6	-9	-7	-35	-	-55	-18	-	-	-7	-4	+2	+8	-10	-2	+5	-6	-	+10
1% Milk	12 oz	-30	-40	-5	-8	-5	-15	-	-20	-9	-	-	+1	-	-	-	-	-	+4	-	-	-
1% Milk	16 oz	-50	-60	-7	-10	-4	-20	-	-30	-10	-	-	+2	+1	-	-	-	-	+7	-	-	-
1% Milk	20 oz	-60	-85	-9	-14	-5.5	-27	-	-40	-13	-	-	+1	-	-	-	-	-	+5	-	-	-

Adding a Syrup?

Size	# of pumps	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
12 oz	3	80	0	0	0	0	0	0	0	0	0	0	20	7	0	0	20	0	0	0	0	0
16 oz	4	100	0	0	0	0	0	0	0	0	0	0	26	9	0	0	26	0	0	0	0	0
20 oz	5	130	0	0	0	0	0	0	0	0	0	0	33	11	0	0	33	0	0	0	0	0
12 oz (SF Syrup)	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16 oz (SF Syrup)	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
20 oz (SF Syrup)	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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