



NUTRITIONAL GUIDE

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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)	1080	460	51	20	0	65	950	146	3	75	14
CinnaPack® Caramel Pecanbon®	1 Roll (118g)	450	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.

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