

WINTER MENU NUTRITION FACTS

Peppermint Mocha

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)

Amount per serving

Calories 520

% Daily Value*

Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 490mg	21%
Total Carbohydrate 72g	26%
Dietary Fiber 6g	21%
Total Sugars 58g	
Includes 49g Added Sugars	98%

Protein 43g

Vitamin D 0mcg	0%
Calcium 416mg	30%
Iron 2mg	10%
Potassium 651mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Resolution

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)

Amount per serving

Calories 340

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 120mg	5%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 40g	
Includes 0g Added Sugars	0%

Protein 23g

Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 958mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Strawberry Cacao

Nutrition Facts

1 serving per container

Serving size 20 fl. oz. (385g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 125mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 23g	
Includes 19g Added Sugars	38%

Protein 25g

Vitamin D 2.5mcg	15%
Calcium 180mg	15%
Iron 2mg	10%
Potassium 390mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Healthy Holiday Nog

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)

Amount per serving

Calories 290

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 300mg	13%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 18g Added Sugars	36%

Protein 30g

Vitamin D 0mcg	0%
Calcium 354mg	25%
Iron 1mg	6%
Potassium 464mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Snickerdoodle

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(370g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 280mg	12%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%

Protein 27g

Vitamin D 2mcg	10%
Calcium 459mg	35%
Iron 0mg	0%
Potassium 460mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sweet Potato Pie

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(425g)

Amount per serving

Calories 430

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 660mg	29%
Total Carbohydrate 69g	25%
Dietary Fiber 3g	11%
Total Sugars 36g	
Includes 26g Added Sugars	52%

Protein 24g

Vitamin D 2mcg	10%
Calcium 320mg	25%
Iron 2mg	10%
Potassium 404mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.