Nutrition Facts

Coffee Alternatives

GF = Guilt Free

Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
Hot Chocolate	Small	502	11	7	47	435	82	82	11
	Medium	689	13	8	56	602	118	118	13
	Large	881	15	9	66	773	155	155	15
GF Hot Chocolate	Small	156	2	0	7	168	19	15	11
	Medium	213	4	0	8	199	26	19	13
	Large	274	6	0	9	234	33	22	15
Spiced Chai	Small	308	4	4	7	248	48	44	13
	Medium	423	6	6	8	319	68	62	17
	Large	542	8	8	9	394	87	79	20
GF Spiced Chai	Small	266	3	3	7	321	43	20	13
	Medium	363	4	4	8	429	60	26	17
	Large	462	5	5	9	541	77	31	20
Caramel Apple Cider	Small	191	0	0	0	0	49	49	0
	Medium	293	0	0	0	0	72	72	0
	Large	368	0	0	0	0	94	94	0
Steamer	Small	188	10	6	44	150	15	15	10
	Medium	225	12	8	53	180	18	18	12
	Large	253	14	8	59	203	20	20	14

* Because Ellianos' beverages are handcrafted and may be customized, exact information may vary. Nutritional information is calculated based on Ellianos standard recipes and reflects average values from our ingredient suppliers. Data was calculated using a third party professional nutritionist and is deemed reliable, but we make no representations that it is exact. Variation in serving size, preparation, supplier ingredients and seasonal differences may affect the nutrition values for each drink. In addition, periodic product formulations may occur that result in variation in the nutrient content of our drinks.

Ellianos COFFEE COMPANY