

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 Bites 4 ct	4-Bites (134g)	430	150	16	8	0	20	380	63	1	32	5
Cinnabon® Classic Bites 6 ct	6 Bites (200g)	650	220	24	12	0	35	570	95	1	48	8
Caramel Pecan Bites 4 ct	4 Bites (155g)	550	230	26	9	0	25	450	71	2	38	6
Caramel Pecan Bites 6 ct	6 Bites (232g)	820	350	39	14	0	40	680	106	3	57	9
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® Caramel Pecanbon® Rolls 6 pk & 4 pk	1 Roll (310g)	1080	460	51	20	0	65	950	146	3	75	14
CinnaPack® Caramel Pecanbon® MiniBon® Rolls 15 pk & 9 pk	1 Roll (118g)	450	200	22	8	0	30	390	60	2	32	6
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
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

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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
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	12 fl. oz (375g)	280	60	7	4.5	0	30	250	45	3	36	11
Chocolate Reduced Fat Milk, 16 oz	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
Sausage, Egg & Cheese Sandwich with Cheese Roll	1 (209g)	580	300	33	15	0.5*	130	1440	42	1	7	25
Bacon, Egg & Cheese Sandwich with Cheese Roll	1(178g)	480	210	24	12	1*	115	1300	41	1	7	23
Smoked Turkey Panini Sandwich with Cheese Roll	1 (231g)	560	240	27	13	0	90	1780	49	1	10	32
Black Forest Ham Panini Sandwich with Cheese Roll	1 (231g)	570	250	28	14	0	90	1550	48	1	10	31
Smoked Turkey Club Panini Sandwich with Cheese Roll	1 (246g)	560	250	28	12	1*	90	2110	48	1	9	30
Grilled Cheese Panini Sandwich with Cheese Roll	1(156g)	520	260	28	17	1*	80	1200	42	1	9	23
Maple Sausage Bites	3 Bites (125g)	470	310	35	13	0	55	880	28	1	5	11
Maple Syrup	1.5 fl. Oz. (39g)	100	0	0	0	0	0	50	27	0	14	0

*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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