

Nutrition Facts

Freezers

GF = Guilt Free

Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
Coffee Freezer	Small	355	17	11	52	58	47	41	5
	Medium	473	23	14	69	77	62	55	7
	Large	592	29	18	87	97	78	68	8
GF Coffee Freezer	Small	115	0	0	5	88	23	10	4
	Medium	154	0	0	6	117	31	13	6
	Large	194	0	0	8	146	38	17	7
Caramel Freezer	Small	426	18	11	53	108	63	48	4
	Medium	550	23	14	67	148	83	62	5
	Large	733	30	19	89	197	110	83	7
GF Caramel Freezer	Small	96	0	0	4	73	22	8	4
	Medium	115	0	0	5	88	28	10	4
	Large	154	0	0	6	117	38	13	6
White Chocolate Freezer	Small	406	15	9	43	118	64	56	5
	Medium	520	19	11	52	163	84	74	6
	Large	693	25	14	69	217	112	99	9
GF White Chocolate (with Syrup)	Small	96	0	0	4	73	22	8	4
	Medium	115	0	0	5	88	28	10	4
	Large	154	0	0	6	117	38	13	6
Mocha Freezer	Small	421	15	9	43	124	67	61	5
	Medium	580	18	11	52	206	97	89	6
	Large	798	24	14	69	298	135	124	8
GF Mocha Freezer (with Syrup)	Small	96	0	0	4	73	22	8	4
	Medium	115	0	0	5	88	28	10	4
	Large	154	0	0	6	117	38	13	6
Turtle Freezer	Small	411	17	10	48	86	62	51	5
	Medium	550	23	14	67	148	83	62	5
	Large	733	30	19	89	197	110	83	7

* 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.



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Recipe	Quantity	Cal	TFat Gm	Sat Gm	Chol Gm	Na Mg.	TCHO Gm	Sugar Gm	Prot Gm
GF Turtle Freezer	Small	96	0	0	4	73	31	8	3
	Medium	115	0	0	5	88	43	10	4
	Large	154	0	0	6	117	59	13	6
Tuxedo Freezer	Small	401	15	9	43	91	63	55	5
	Medium	513	19	11	52	122	83	73	6
	Large	683	25	14	69	162	110	97	9
Vanilla Freezer	Small	371	14	9	43	48	58	53	4
	Medium	480	17	10	52	58	78	72	5
	Large	648	23	14	69	77	106	98	7
GF Vanilla Freezer	Small	96	0	0	4	73	22	8	4
	Medium	115	0	0	5	88	28	10	4
	Large	154	0	0	6	117	38	13	6
Chai Freezer	Small	373	4	4	7	320	73	52	8
	Medium	513	6	6	8	420	100	72	11
	Large	653	8	8	10	520	127	93	13

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