

## FROZEN CAFÉ FAVORITES

# ISLAND MOCHA

Whole Milk, Espresso, Original Flavorings & Dark Chocolate Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>477</b>	<b>620</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>78</b>
<b>TOTAL FAT (g)</b>	<b>11</b>	<b>15</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>2</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>14</b>	<b>20</b>
<b>SODIUM (mg)</b>	<b>96</b>	<b>130</b>
<b>TOTAL CARB. (g)</b>	<b>104</b>	<b>136</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>5</b>
<b>SUGARS (g)</b>	<b>104</b>	<b>136</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>10</b>	<b>14</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>0%</b>	<b>0%</b>
<b>IRON</b>	<b>16%</b>	<b>20%</b>

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## FROZEN CAFÉ FAVORITES

# PARADISE ROYALE

Whole Milk, Espresso, Original Flavors, Dk. Choc. Sauce & Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>545</b>	<b>690</b>
<b>FAT CALORIES</b>	<b>63</b>	<b>80</b>
<b>TOTAL FAT (g)</b>	<b>12</b>	<b>15</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>2</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>21</b>	<b>28</b>
<b>SODIUM (mg)</b>	<b>169</b>	<b>215</b>
<b>TOTAL CARB. (g)</b>	<b>122</b>	<b>156</b>
<b>DIETARY FIBER (g)</b>	<b>3</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>114</b>	<b>145</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>9</b>	<b>13</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>3%</b>
<b>IRON</b>	<b>10%</b>	<b>12%</b>

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## FROZEN CAFÉ FAVORITES

# PLAYA DEL CARMEL

Whole Milk, Espresso, Original Flavorings & Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>497</b>	<b>645</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>78</b>
<b>TOTAL FAT (g)</b>	<b>11</b>	<b>15</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>2</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>24</b>	<b>33</b>
<b>SODIUM (mg)</b>	<b>196</b>	<b>255</b>
<b>TOTAL CARB. (g)</b>	<b>114</b>	<b>149</b>
<b>DIETARY FIBER (g)</b>	<b>0</b>	<b>0</b>
<b>SUGARS (g)</b>	<b>100</b>	<b>131</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>8</b>	<b>11</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>4%</b>	<b>5%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>

## FROZEN CAFÉ FAVORITES

# FROZEN HOT KOKO

Whole Milk, Espresso, Original Flavorings & Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>253</b>	<b>333</b>
<b>FAT CALORIES</b>	<b>91</b>	<b>123</b>
<b>TOTAL FAT (g)</b>	<b>11</b>	<b>14</b>
<b>SAT. FAT (g)</b>	<b>10</b>	<b>13</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>28</b>	<b>40</b>
<b>SODIUM (mg)</b>	<b>145</b>	<b>205</b>
<b>TOTAL CARB. (g)</b>	<b>36</b>	<b>47</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>35</b>	<b>45</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>10</b>	<b>13</b>
<b>VITAMIN A</b>	<b>7%</b>	<b>10%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>30%</b>	<b>43%</b>
<b>IRON</b>	<b>5%</b>	<b>6%</b>

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