





## Nutritional Facts

All nutrition information is based on a 1/2 cup (4 oz) serving. Percent Daily Values are based on a 2,000 calorie diet.

	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)
<b>Sweet Cream Flavors</b>																	
Almond	4	87	0	0	0	0	1	24	20	0	17	2	2	0	4	7	0
Almond Cheesecake	4	107	0	0	0	0	1	40	23	0	20	2	2	0	4	7	0
Banana	4	84	0	0	0	0	1	28	18	0	17	2	2	0	4	7	0
Black Cherry	4	87	0	0	0	0	1	37	20	0	19	1	2	0	4	7	0
Blueberry Cheesecake	4	98	0	0	0	0	1	35	20	0	19	2	2	0	4	10	0
Bubble Gum	4	102	0	0	0	0	1	29	23	0	20	2	2	0	4	8	0
Butter Pecan Cake	4	103	0	0	0	0	1	64	22	0	19	2	2	0	4	7	0
Cake Batter	4	101	7.2	0.8	0	0.8	1	68	22	0	19	2	2	0	4	7	0
Caramel Apple	4	105	9	1	0	1	1	45	20	0	18	2	2	0	4	7	0
Caramel Latte	4	90	9	1	0	1	1	27	19	0	18	2	2	0	4	7	0
Carrot Cake	4	95	0	0	0	0	1	63	21	0	18	2	2	0	4	7	0
Cheesecake	4	88	0	0	0	0	1	35	16	0	15	2	1	0	3	8	0
Chocolate - Ghirardelli	4	107	0	0	0	0	1	20	23	1	21	2	3	0	4	7	0
Chocolate Cheesecake	4	98	0	0	0	0	1	35	20	0	19	2	2	0	4	9	0
Chocolate Peanut Butter	4	89	7.2	0.8	0	0.8	1	31	19	0	18	2	2	0	4	9	0
Coconut	4	87	0	0	0	0	1	25	16	0	14	2	2	0	4	7	0
Cookies 'n Cream	4	98	10	1.2	0	1	1	37	20	0	18	2	2	0	4	7	0
Cotton Candy	4	103	0	0	0	0	1	25	23	0	20	2	2	0	4	7	0
French Vanilla Cake	4	103	7.2	0.8	0	0.8	1	64	22	0	19	2	2	0	4	7	0
French Vanilla Cappuccino	4	89	0	0	0	0	1	36	20	0	18	2	2	0	4	7	0
German Chocolate Cake	4	111	0	0	0	0	1	88	22	0	19	2	2	0	4	7	0
Ginger Bread Cake	4	99	0	0	0	0	1	68	22	0	19	2	2	0	4	7	0
Green Tea	4	87	0	0	0	0	1	23	20	0	17	2	2	0	4	7	0
Hazelnut	4	105	9	1	1	0	1	29	22	0	20	2	2	0	4	7	0
Heath Mocha	4	104	0	0	0	0	1	34	22	0	20	2	2	0	4	7	0
Kona Mocha	4	90	9	1	0	1	1	19	19	0	17	2	2	0	4	7	0
Lemon Bar	4	103	9	1	0	1	1	36	23	0	20	2	2	0	4	7	0
Lemon Cake	4	103	0	0	0	0	1	66	22	0	19	2	2	0	4	7	0











