

Ronnoco Nutritional at 56.69g per 12 oz. servings

* Please note that The Sugar Free French Vanilla Cappuccino loses its status as a Sugar Free Product at a throw of 67.6 g. It must be kept at 30g or less.

	English Toffee Cappuccino	White Chocolate Raspberry Cappuccino	S'Mores	French Vanilla Cappuccino	Mexican Hot Chocolate	Extreme Vanilla Cappuccino	Fat Free French Vanilla Cappuccino	Chocolate Caramel Pecan Cappuccino	Apple Cider Cappuccino	White Chocolate Caramel Cappuccino	Extreme Mocha Cappuccino	Butterfinger Cappuccino	Chai Latte Cappuccino	Pumpkin Spice Cappuccino	Cookies N' Cream Cappuccino	Caramel Macchiato Cappuccino	Sugar Free French Vanilla Cappuccino*	Goopy Butter Cake Cappuccino	Peanut Butter Cup Cappuccino	European Gourmet French Vanilla Capp	Hershey's Cookies n' Cream	Highlander Grog Cappuccino	Salted Caramel Cappuccino	Supreme Mocha Alert	Jamaican Me Crazy Cappuccino	Ronnoco Hot Chocolate	Cinnamon Roll Cappuccino	York Peppermint Pattie Cappuccino	Wild Blueberry Crunch	Henderson French Vanilla	King Cake Cappuccino	Hershey's Hot Chocolate	Hershey's Almond Joy Cappuccino	Ronnoco Coffee	Ronnoco Flavored Coffee		
per 56.69g	30g																																				
Calories	221	231	236	220	236	229	206	230	216	230	231	252	252	234	235	233	252	134	240	238	229	244	255	231	231	236	214	236	236	221	231	236	231	249	0	0	
Calories From Fat	35	45	43	28	71	45	0	53	0	49	54	57	63	52	56	51	124	65	56	60	44	48	87	54	54	49	32	47	44	24	47	47	49	68	0	0	
Total Fat	4.6%	5.8%	5.7%	3.5%	8.12%	5.8%	0.0%	6.9%	0.0%	5.8%	6.9%	7.11%	7.11%	6.9%	6.1%	6.9%	14.7.11%	6.10%	7.10%	5.7%	5.8%	10.1%	6.9%	6.9%	5.8%	4.5%	6.8%	5.7%	2.4%	5.8%	6.8%	5.8%	8.12%	0.0%	0.0%		
Saturated Fat	4.1%	5.24%	4.22%	3.15%	7.35%	5.24%	0.0%	6.28%	0.0%	5.26%	6.29%	6.29%	7.35%	6.28%	6.29%	5.27%	13.7.35%	6.30%	6.31%	5.24%	5.25%	9.46%	6.28%	6.29%	5.26%	3.16%	6.28%	5.11%	2.12%	5.25%	6.28%	5.26%	7.34%	0.0%	0.0%		
Trans Fat	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	1.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Cholesterol	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Sodium	359.1%	350.1%	384.1%	364.1%	331.1%	469.2%	387.1%	400.17%	40.2%	391.1%	429.1%	230.1%	87.4%	338.14%	306.1%	241.1%	387.205.9%	206.9%	255.11%	411.17%	267.1%	230.1%	498.1%	429.1%	199.8%	336.1%	347.1%	191.8%	410.1%	436.1%	347.1%	250.1%	244.1%	23.1%	23.1%		
Total Carbohydrate	47.1%	47.1%	47.1%	48.1%	44.1%	47.1%	50.17%	45.1%	54.1%	46.1%	46.1%	48.1%	46.15%	47.16%	45.1%	46.1%	35.19.6%	47.16%	45.15%	47.1%	47.1%	43.14%	46.1%	46.1%	46.1%	48.1%	48.1%	46.1%	50.1%	46.1%	46.1%	48.1%	44.1%	44.1%	0.0%	0.0%	
Dietary Fiber	0.0%	0.0%	1.4%	0.0%	2.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	1.2%	0.0%	1.4%	0.0%	0.0%	0.0%	0.0%	0.0%	2.6%	0.0%	1.4%	0.0%	0.0%	0.0%	1.4%	2.7%	0.0%	0.0%	
Sugars	38	38	37	39	36	30	36	35	43	37	31	34	38	34	38	36	1.0	31	36	34	38	33	36	31	37	26	35	37	39	35	35	35	33	0	0		
Protein	1	1	1	1	2	1	1	1	0	1	1	2	2	1	1	2	2	1	1	1	1	1	1	1	1	2	2	1	2	2	2	1	1	1	0	0	
Vitamin A [IU]	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Calcium [mg]	4%	4%	4%	5%	0%	2%	5%	4%	0%	2%	2%	5%	1%	1%	5%	7%	0%	2%	2%	4%	1%	4%	0%	2%	2%	3%	5%	0%	2%	1%	7%	0%	1%	0%	0%	0%	
Vitamin C [mg]	1%	1%	1%	1%	0%	1%	1%	1%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	
Iron [mg]	2%	1%	2%	1%	0%	1%	1%	2%	0%	1%	2%	0%	0%	1%	1%	2%	2%	1%	1%	2%	1%	2%	1%	2%	2%	1%	3%	1%	2%	0%	1%	1%	2%	1%	1%	0%	0%

Ronnoco Nutritionals at 102.04 g per 20 oz. serving

* Please note that The Sugar Free French Vanilla Cappuccino loses its status as a Sugar Free Product at a throw of 67.6 g. It must be kept at 30g or less.

	English Toffee Cappuccino	White Chocolate Raspberry Cappuccino	S'Mores	French Vanilla Cappuccino	Mexican Hot Chocolate	Extreme Vanilla Cappuccino	Fat Free French Vanilla Cappuccino	Chocolate Caramel/Pecan Cappuccino	Apple Cider Cappuccino	White Chocolate Caramel Cappuccino	Extreme Mocha Cappuccino	Butterfinger Cappuccino	Chai Latte Cappuccino	Pumpkin Spice Cappuccino	Cookies n' Cream Cappuccino	Caramel Macchiato Cappuccino	Sugar Free French Vanilla Cappuccino*	Goopy Butter Cake Cappuccino	Peanut Butter Cup Cappuccino	European Gourmet French Vanilla Capp	Hershey's Cookies n' Cream	Highlander Grog Cappuccino	Salted Caramel Cappuccino	Supreme Mocha Alert	Jamaican Me Crazy Cappuccino	Ronnoco Hot Chocolate	Cinnamon Roll Cappuccino	York Peppermint Pattie Cappuccino	Wild Blueberry Crunch	Henderson French Vanilla	King Cake Cappuccino	Hershey's Hot Chocolate	Hershey's Almond Joy Cappuccino	Ronnoco Coffee	Ronnoco Flavored Coffee		
per 102.04g																	30g																				
Calories	397	415	425	396	426	412	371	413	389	414	416	418	454	422	423	419	454	134	432	428	412	439	459	417	416	425	386	426	425	397	415	426	416	449	0	0	
Calories From Fat	62	81	78	50	128	81	0	96	0	88	98	95	113	94	100	93	223	65	101	109	79	87	157	97	98	88	57	85	79	43	85	85	88	122	0	0	
Total Fat	7 11%	9 9 4%	9 13%	6 9%	14 12%	9 14%	0 0%	11 16%	0 0%	10 15%	11 17%	11 17%	13 20%	10 16%	11 17%	10 16%	25 7 11%	11 17%	12 19%	9 18%	10 18%	17 27%	11 16%	11 17%	11 17%	10 18%	6 10%	10 18%	9 18%	4 7%	9 14%	10 15%	10 15%	14 22%	0 0%	0 0%	
Saturated Fat	6 32%	9 43%	8 40%	5 26%	13 64%	9 43%	0 0%	10 53%	0 0%	9 47%	10 51%	10 48%	13 64%	10 50%	10 52%	10 49%	24 7 33%	11 54%	11 56%	8 42%	9 46%	16 82%	10 51%	10 51%	10 51%	9 47%	6 28%	10 50%	8 42%	4 21%	9 40%	10 50%	9 46%	12 51%	0 0%	0 0%	
Trans Fat	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%
Cholesterol	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	1 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	1 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%
Sodium	646 27%	630 26%	691 29%	655 27%	596 25%	844 35%	696 29%	720 30%	73 3%	704 29%	771 32%	380 16%	156 7%	608 25%	551 23%	434 18%	697 20%	205 9%	371 15%	459 19%	740 31%	480 20%	415 17%	897 37%	771 32%	358 15%	605 25%	624 26%	82 27%	344 14%	738 31%	784 33%	624 26%	450 19%	439 18%	38 2%	38 2%
Total Carbohydrate	85 38%	84 38%	84 38%	87 39%	79 36%	84 38%	91 39%	81 37%	97 42%	83 38%	82 37%	80 37%	82 37%	84 38%	82 37%	82 37%	64 19 6%	84 28%	81 27%	85 38%	85 38%	77 36%	83 38%	82 37%	82 37%	86 39%	86 39%	86 39%	85 38%	91 39%	83 38%	82 37%	86 39%	80 37%	0 0%	0 0%	
Dietary Fiber	0 0%	0 1%	2 6%	0 0%	3 11%	0 1%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 0%	0 1%	0 1%	0 0%	0 0%	0 0%	1 4%	0 0%	0 0%	2 6%	0 0%	0 0%	0 0%	0 0%	3 11%	0 0%	2 8%	0 0%	0 0%	0 0%	0 0%	2 7%	3 12%	0 0%	0 0%
Sugars	68	67	67	70	65	53	65	63	78	66	55	57	68	62	69	65	1 0	55	65	61	68	59	64	55	66	67	62	67	71	63	62	63	60	0	0	0	0
Protein	2	2	2	2	3	1	2	2	0	2	2	4	3	1	2	3	3	1	1	2	1	2	1	2	2	2	1	3	3	2	3	3	2	2	0	0	
Vitamin A [IU]	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Calcium [mg]	8%	8%	8%	20%	1%	4%	10%	6%	0%	3%	3%	3%	8%	2%	9%	11%	0%	0%	3%	6%	2%	7%	1%	4%	3%	3%	6%	9%	0%	3%	1%	1%	0%	3%	0%	0%	
Vitamin C [mg]	1%	2%	2%	1%	0%	1%	1%	2%	0%	1%	1%	0%	0%	0%	1%	2%	0%	0%	0%	0%	0%	1%	0%	0%	1%	1%	0%	0%	0%	1%	0%	1%	0%	1%	0%	0%	0%
Iron [mg]	3%	2%	4%	2%	0%	2%	2%	3%	0%	2%	4%	0%	0%	2%	2%	3%	3	1	1%	3%	2%	4%	2%	3%	4%	4%	2%	5%	1%	4%	0%	3%	1%	1%	1%	1%	0%

Ronnoco Nutritionals at 124.7 g per 24 oz. serving

* Please note that The Sugar Free French Vanilla Cappuccino loses its status as a Sugar Free Product at a throw of 67.6 g. It must be kept at 30g or less.

	English Toffee Cappuccino	White Chocolate Raspberry Cappuccino	S'Mores	French Vanilla Cappuccino	Mexican Hot Chocolate	Extreme Vanilla Cappuccino	Fat Free French Vanilla Cappuccino	Chocolate Caramel/Pecan Cappuccino	Apple Cider Cappuccino	White Chocolate Caramel Cappuccino	Extreme Mocha Cappuccino	Butterfinger Cappuccino	Chai Latte Cappuccino	Pumpkin Spice Cappuccino	Cookies N' Cream Cappuccino	Caramel Macchiato Cappuccino	Sugar Free French Vanilla Cappuccino*	Goopy Butter Cake Cappuccino	Peanut Butter Cup Cappuccino	European Gourmet French Vanilla Capp	Hershey's Cookies n' Cream	Highlander Grog Cappuccino	Salted Caramel Cappuccino	Supreme Mocha Alert	Jamaican Me Crazy Cappuccino	Ronnoco Hot Chocolate	Cinnamon Roll Cappuccino	York Peppermint Pattie Cappuccino	Wild Blueberry Crunch	Henderson French Vanilla	King Cake Cappuccino	Hershey's Hot Chocolate	Hershey's Almond Joy Cappuccino	Ronnoco Coffee	Ronnoco Flavored Coffee		
per 124.7g																	30g																				
Calories	486	507	520	484	520	504	454	505	475	506	509	502	555	516	516	512	555	134	527	523	503	536	561	509	509	520	472	520	520	485	508	520	472	549	0	0	
Calories From Fat	76	99	95	61	156	99	0	117	0	107	119	114	139	115	123	113	272	65	124	133	96	107	192	118	119	107	70	104	96	52	103	104	70	150	0	0	
Total Fat	8	11	11	7	17	11	0	13	0	12	13	14	16	13	14	13	30	7	14	15	11	12	21	13	13	12	8	12	11	5	11	12	8	17	0	0	
Saturated Fat	8	11	10	6	16	11	0	12	0	11	13	11	16	12	13	12	29	7	14	14	10	11	20	13	13	11	7	10	10	5	11	12	7	15	0	0	
Trans Fat	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cholesterol	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sodium	789	769	845	800	728	1032	850	880	89	861	943	456	191	743	674	530	851	205	454	560	905	587	507	1096	943	438	739	763	420	901	959	763	739	536	46	46	
Total Carbohydrate	104	103	103	106	97	102	111	99	119	102	100	96	101	102	100	100	78	19	103	100	104	103	94	101	100	100	105	105	111	101	101	101	105	97	0	0	
Dietary Fiber	0	0	2	0	3	0	0	0	0	0	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sugars	83	82	82	86	80	65	80	77	95	81	67	68	83	75	84	80	2	0	67	80	74	83	72	78	67	80	58	76	82	87	77	76	58	74	0	0	
Protein	2	2	3	2	3	2	2	2	0	2	2	5	3	2	3	3	4	1	2	3	1	3	2	2	2	2	2	4	3	2	3	4	3	4	3	0	0
Vitamin A [IU]	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Calcium [mg]	9%	9%	10%	11%	1%	5%	1%	8%	0%	4%	4%	4%	9%	2%	1%	1%	0%	0%	4%	8%	19	9%	1%	5%	4%	8%	1%	0%	3%	1%	1%	0%	1%	0%	0%	0%	
Vitamin C [mg]	2%	2%	2%	1%	0%	1%	1%	2%	—	1%	1%	0%	0%	0%	1%	2%	0%	0%	0%	0%	0	0%	0%	0%	1%	1%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%
Iron [mg]	3%	2%	4%	2%	0%	3%	3%	4%	0%	3%	4%	0%	0%	2%	2%	4%	0%	0%	2%	3%	0	2%	5%	2%	4%	4%	2%	7%	4%	5%	0%	3%	4%	7%	4%	0%	0%