

# Nutrition Facts

## Freezers

| Recipe                                | Quantity | Cal. | TFat<br>Gm. | Sat<br>Gm. | Chol<br>Gm. | Na<br>Gm. | TCHO<br>Gm. | Sugar<br>Gm. | Prot<br>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 FREEZER (W/ 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                      | 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           |

GF = GUILT-FREE

\* 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.

