### French Vanilla Nutrition Facts

**Recommended Serving Size**: 8 oz  
**Amount Per Serving**

<table>
<thead>
<tr>
<th>营养成分</th>
<th>值</th>
<th>%每日值</th>
</tr>
</thead>
<tbody>
<tr>
<td>卡路里</td>
<td>130</td>
<td>15%</td>
</tr>
<tr>
<td>脂肪</td>
<td>1.5g</td>
<td>3%</td>
</tr>
<tr>
<td>饱和脂肪</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>反式脂肪</td>
<td>1g</td>
<td>0%</td>
</tr>
<tr>
<td>胆固醇</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>钠</td>
<td>135mg</td>
<td>6%</td>
</tr>
<tr>
<td>总碳水化合物</td>
<td>28g</td>
<td>9%</td>
</tr>
<tr>
<td>膳食纤维</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>糖</td>
<td>19g</td>
<td>7%</td>
</tr>
<tr>
<td>蛋白质</td>
<td>1g</td>
<td>2%</td>
</tr>
</tbody>
</table>

*每日值基于2,000卡路里饮食。您的每日值可能更高或更低，取决于您的卡路里需求。

**成分**：糖，非乳制品奶油（玉米糖浆固体，部分氢化椰子和/或大豆油，糖，山梨酸钾，双甘油脂肪酸酯，钠磷酸盐，偏硅酸铝，人工色素和调味剂），麦芽糊精，咖啡粉，硅藻土（防止结块），可可粉（碱化），天然和人工风味。

**含有**：乳

### Fat Free French Vanilla Nutrition Facts

**Recommended Serving Size**: 8 oz  
**Amount Per Serving**

<table>
<thead>
<tr>
<th>营养成分</th>
<th>值</th>
<th>%每日值</th>
</tr>
</thead>
<tbody>
<tr>
<td>卡路里</td>
<td>120</td>
<td>0%</td>
</tr>
<tr>
<td>脂肪</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>饱和脂肪</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>反式脂肪</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>胆固醇</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>钠</td>
<td>140mg</td>
<td>6%</td>
</tr>
<tr>
<td>总碳水化合物</td>
<td>28g</td>
<td>9%</td>
</tr>
<tr>
<td>膳食纤维</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>糖</td>
<td>15g</td>
<td>6%</td>
</tr>
<tr>
<td>蛋白质</td>
<td>1g</td>
<td>8%</td>
</tr>
</tbody>
</table>

*每日值基于2,000卡路里饮食。您的每日值可能更高或更低，取决于您的卡路里需求。

**成分**：糖，乳清粉，麦芽糊精，非乳制品奶油（玉米糖浆固体，部分氢化椰子和/或大豆油，糖，山梨酸钾，双甘油脂肪酸酯，钠磷酸盐，人工色素和调味剂），即溶咖啡，羧甲基纤维素钠，硅藻土（防止结块），可可粉，山梨酸钾，二氧化硅（防止结块），天然和人工风味。

**含有**：乳
<table>
<thead>
<tr>
<th>Irish Cream Nutrition Facts</th>
<th>English Toffee Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 32 g</td>
<td>Serving Size 32 g</td>
</tr>
<tr>
<td>Servings Per Container 8 oz Cup</td>
<td>Servings Per Container 8 oz Cup</td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 120 Calories from Fat 15 % Daily Value*</td>
<td>Calories 120 Calories from Fat 10 % Daily Value*</td>
</tr>
<tr>
<td>Total Fat 2g 3%</td>
<td>Total Fat 1g 2%</td>
</tr>
<tr>
<td>Saturated Fat 0.5g 3%</td>
<td>Saturated Fat 0g 0%</td>
</tr>
<tr>
<td>Trans Fat 1g</td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg 0%</td>
<td>Cholesterol 0mg 0%</td>
</tr>
<tr>
<td>Sodium 160mg 7%</td>
<td>Sodium 160mg 7%</td>
</tr>
<tr>
<td>Total Carbohydrate 26g 9%</td>
<td>Total Carbohydrate 27g 9%</td>
</tr>
<tr>
<td>Dietary Fiber 0g 0%</td>
<td>Dietary Fiber 0g 0%</td>
</tr>
<tr>
<td>Sugars 17g</td>
<td>Sugars 14g</td>
</tr>
<tr>
<td>Protein 1g</td>
<td>Protein 2g</td>
</tr>
<tr>
<td>Vitamin A 0% • Vitamin C 0%</td>
<td>Vitamin A 0% • Vitamin C 0%</td>
</tr>
<tr>
<td>Calcium 6% • Iron 0%</td>
<td>Calcium 8% • Iron 2%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: Salt, Natural & Artificial Flavor (processed with alkali), Cellulose Gum, (To Prevent Caking), Cocoa Powder Instant Coffee, Maltodextrin, Silicon Dioxide Artificial Color And Flavor), Whey Powder, Diglycerides, Sodium Silico Aluminate, Dipotassium Phosphate, Mono & Sodium Caseinate [A Milk Derivative], Coconut And/Or Soybean Oil, Sugar, (Corn Syrup Solids, Partially Hydrogenated

CONTAINS: MILK

Caffeine 36g

INGREDIENTS: Sugar, Whey Powder, Artificial Flavor Cellulose Gum, Sodium Citrate, Natural & Silicon Dioxide (To Prevent Caking), (processed with alkali), Instant Coffee, Artificial Color And Flavor), Cocoa Powder Diglycerides, Sodium Silico Aluminate, Dipotassium Phosphate, Mono & Sodium Caseinate [A Milk Derivative], Coconut And/Or Soybean Oil, Sugar, Syrup Solids, Partially Hydrogenated Maltodextrin, Non-Dairy Creamer (Corn

CONTAINS: Milk

Caffeine: 18 mg
Hot Cocoa

**Nutrition Facts**

**Serving Size 32 g**

**Servings Per Container 8 oz Cup**

**Amount Per Serving**

- **Calories**: 120
- **Calories from Fat**: 10
  - **% Daily Value***: 2%

- **Total Fat**: 1g
  - **Saturated Fat**: 0g
  - **Trans Fat**: 0g
  - **Cholesterol**: 0mg
  - **Sodium**: 150mg
  - **Total Carbohydrate**: 27g
  - **Dietary Fiber**: 1g
  - **Sugars**: 17g
  - **Protein**: 2g
  - **Vitamin A**: 0%
  - **Vitamin C**: 0%
  - **Calcium**: 8%
  - **Iron**: 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Calories 2,000 2,500**

- **Total Fat**: Less than 65g 80g
  - **Sat Fat**: Less than 20g 25g
  - **Cholesterol**: Less than 300mg 300mg
  - **Sodium**: Less than 2,400mg 2,400mg
  - **Total Carbohydrate**: 300g 375g
  - **Dietary Fiber**: 25g 30g

**INGREDIENTS**: Sugar, Whey Powder, Natural & Artificial Flavor Caking), Sodium Citrate, Cellulose Gum, Instant Coffee, Silicon Dioxide (To Prevent Cocoa Powder (processed with alkali), Aluminate, Artificial Color And Flavor), Mono & Diglycerides, Sodium Silico Milk Derivative], Dipotassium Phosphate, Soybean Oil, Sugar, Sodium Caseinate [A Partially Hydrogenated Coconut And/Or Non-Dairy Creamer (Corn Syrup Solids, CONTAINS: Milk

Caffeine: 38 mg

LTO Chocolate Mint

**Nutrition Facts**

**Serving Size 32 g**

**Servings Per Container 8 oz Cup**

**Amount Per Serving**

- **Calories**: 130
- **Calories from Fat**: 15
  - **% Daily Value***: 3%

- **Total Fat**: 2g
  - **Saturated Fat**: 2g
  - **Trans Fat**: 0g
  - **Cholesterol**: 0mg
  - **Sodium**: 90mg
  - **Total Carbohydrate**: 27g
  - **Dietary Fiber**: 1g
  - **Sugars**: 16g
  - **Protein**: 1g
  - **Vitamin A**: 0%
  - **Vitamin C**: 0%
  - **Calcium**: 4%
  - **Iron**: 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Calories 2,000 2,500**

- **Total Fat**: Less than 65g 80g
  - **Sat Fat**: Less than 20g 25g
  - **Cholesterol**: Less than 300mg 300mg
  - **Sodium**: Less than 2,400mg 2,400mg
  - **Total Carbohydrate**: 300g 375g
  - **Dietary Fiber**: 25g 30g

**INGREDIENTS**: Sugar, Whey Powder, Natural & Artificial Flavor Caking), Sodium Citrate, Cellulose Gum, with alkali), Silicon Dioxide (To Prevent Maltodextrin, Cocoa Powder (processed Aluminate, Artificial Color And Flavor), Mono & Diglycerides, Sodium Silico Milk Derivative], Dipotassium Phosphate, Soybean Oil, Sugar, Sodium Caseinate [A Partially Hydrogenated Coconut And/Or Non-Dairy Creamer (Corn Syrup Solids, CONTAINS: Milk

Caffeine: 5 mg
Caramel Nutrition Facts
Serving Size 8 oz (40g)
Amount Per Serving
% Daily Value*
Saturated Fat 1.5g 8%
Trans Fat 2.5g
Cholesterol 0mg 0%
Sodium 150mg 6%
Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugars 21g
Protein <1g
Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: Sugar, Non Dairy Creamer, (Corn Syrup Solids, Partially Hydrogenated Soybean Oil, Sodium Caseinate, (Milk Derivative), Dipotassium Phosphate, Mono and Diglycerides, Sodium Silicoaluminate, Natural and Artificial Flavors, and Artificial Colors), Whey, (Milk Derivative), Instant Coffee, Natural and Artificial Color, Cellulose Gum, Silicon Dioxide, Xanthan Gum and Soy Lecithin.

Hazel Crisp Nutrition Facts
Serving Size 32 g
Servings Per Container 8 oz Cup
Amount Per Serving
Calories 130 Calories from Fat 20%
% Daily Value*
Total Fat 2.5g 4%
Saturated Fat 2.5g 11%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 135mg 6%
Total Carbohydrate 26g 9%
Dietary Fiber 0g 0%
Sugars 16g
Protein 1g
Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: Sugar, Non-Dairy Creamer Cellulose Gum, Sodium Citrate Silicon Dioxide (To Prevent Caking), Instant Coffee, Natural & Artificial Flavor, Artificial Color And Flavor), Whey Powder, Diglycerides, Sodium Silico Aluminate, Dipotassium Phosphate, Mono & Sodium Caseinate [A Milk Derivative], Coconut And/Or Soybean Oil, Sugar, (Corn Syrup Solids, Partially Hydrogenated

CONTAINS: Milk

Caffeine: 22 mg
<table>
<thead>
<tr>
<th>LTO Pumpkin Pie Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 32 g</td>
</tr>
<tr>
<td>Servings Per Container: 8 oz Cup</td>
</tr>
<tr>
<td>Amount Per Serving:</td>
</tr>
<tr>
<td>Calories: 120</td>
</tr>
<tr>
<td>% Daily Value*:</td>
</tr>
<tr>
<td>Total Fat: 2g</td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 400mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 26g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 15g</td>
</tr>
<tr>
<td>Protein: 1g</td>
</tr>
<tr>
<td>Vitamin A: 0%</td>
</tr>
<tr>
<td>Calcium: 110%</td>
</tr>
</tbody>
</table>

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Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: Sugar, Non-Dairy Creamer Artificial Flavor, Cellulose Gum, Salt (To Prevent Caking), Sodium Citrate, Natural & (processed with alkali), Silicon Dioxide (To Maltodextrin, Instant Coffee, Cocoa Powder Artificial Color And Flavor), Whey Powder, Diglycerides, Sodium Silico Aluminate, Dipotassium Phosphate, Mono & Sodium Caseinate [A Milk Derivative], Coconut And/Or Soybean Oil, Sugar, (Corn Syrup Solids, Partially Hydrogenated

CONTAINS: Milk

Caffeine: 26 mg

<table>
<thead>
<tr>
<th>Cinnamon Vanilla Swirl Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 32 g</td>
</tr>
<tr>
<td>Servings Per Container: 8 oz Cup</td>
</tr>
<tr>
<td>Amount Per Serving:</td>
</tr>
<tr>
<td>Calories: 130</td>
</tr>
<tr>
<td>% Daily Value*:</td>
</tr>
<tr>
<td>Total Fat: 2g</td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 125mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 27g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 14g</td>
</tr>
<tr>
<td>Protein: 1g</td>
</tr>
<tr>
<td>Vitamin A: 0%</td>
</tr>
<tr>
<td>Calcium: 4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: (To Prevent Caking), Sodium Citrate with alkali), Cellulose Gum, Silicon Dioxide Artificial Flavor, Cocoa Powder (processed Maltodextrin, Instant Coffee, Natural & Artificial Color And Flavor), Whey Powder, Diglycerides, Sodium Silico Aluminate, Dipotassium Phosphate, Mono & Sodium Caseinate [A Milk Derivative], Coconut And/Or Soybean Oil, Sugar, (Corn Syrup Solids, Partially Hydrogenated

CONTAINS: Sugar, Non-Dairy Creamer

Caffeine: 19 mg
French Vanilla Charge
Nutrition Facts
Recommended Serving Size 8 oz
Amount Per Serving
Calories 110 Calories from Fat 15
% Daily Value*
Total Fat 1.5g 3%
Saturated Fat 0g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 180mg 7%
Total Carbohydrate 24g 9%
Dietary Fiber 0g 0%
Sugars 23g
Protein 0g
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: Sugar, Non-Dairy Creamer (Corn Syrup Solids, Partially Hydrogenated Coconut And/Or Soybean Oil, Sugar, Coconut And/Or Soybean Oil, Sugar, Sodium Caseinate [A Milk Derivative], Sodium Caseinate [A Milk Derivative], Dipotassium Phosphate, Mono & Diglycerides, Sodium Silico Aluminate, Artificial Color And Flavor, Maltodextrin, Whey Powder, Instant Coffee, Cellulose Gum, Cocoa Powder, (processed with alkali), Silicon Dioxide (To Prevent Caking), Salt, Natural & Artificial Flavor)

CONTAINS: Milk
Caffeine: 87 mg

LTO Lemon Crème
Nutrition Facts
Recommended Serving Size 8 oz
Amount Per Serving
Calories 130 Calories from Fat 15
% Daily Value*
Total Fat 1.5g 3%
Saturated Fat 0g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 180mg 7%
Total Carbohydrate 24g 9%
Dietary Fiber 0g 0%
Sugars 23g
Protein 0g
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

INGREDIENTS: Sugar, Non-Dairy Creamer (Corn Syrup Solids, Partially Hydrogenated Coconut And/Or Soybean Oil, Sugar, Sodium Caseinate [A Milk Derivative], Dipotassium Phosphate, Mono & Diglycerides, Sodium Silico Aluminate, Artificial Color And Flavor, Maltodextrin, Cocoa (processed with alkali), Whey Powder, Instant Coffee, Cellulose Gum, Silicon Dioxide (To Prevent Caking), Salt, Natural & Artificial Flavor)

CONTAINS: Milk