

Nutrition Information

Abuelita®

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	123	205	272	335
Total Fat	3 g	5 g	7 g	9 g
Saturated Fat	3 g	5 g	6 g	8 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	1 mg	2 mg	3 mg	4 mg
Sodium	159 mg	264 mg	352 mg	434 mg
Carbohydrate	22 g	37 g	49 g	60 g
Dietary Fiber	1 g	2 g	2 g	3 g
Sugars	18 g	30 g	41 g	50 g
Protein	3 g	5 g	6 g	8 g
Calcium	91 mg	152 mg	202 mg	249 mg

Ingredients: Water, Sugar, Nonfat Milk, Dairy Product Solids, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Cocoa, and less than 2% of Cellulose Gum, Natural and Artificial Flavors, Sodium Caseinate, Salt, Dipotassium Phosphate, Sodium Citrate, Sodium Aluminosilicate, Mono- and Diglycerides, Sucralose.

Cappuccino

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	107	149	216	246
Total Fat	3 g	5 g	7 g	8 g
Saturated Fat	3 g	4 g	6 g	7 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	3 mg	4 mg	6 mg	7 mg
Sodium	101 mg	140 mg	204 mg	232 mg
Carbohydrate	15 g	20 g	30 g	34 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	13 g	18 g	26 g	30 g
Protein	5 g	7 g	10 g	11 g
Calcium	162 mg	226 mg	328 mg	374 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Soluble Coffee.

Black Coffee. Decaf

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	5	9	13	14
Total Fat	0 g	0 g	0 g	0 g
Saturated Fat	0 g	0 g	0 g	0 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	0 mg	0 mg	0 mg	0 mg
Sodium	1 mg	1 mg	1 mg	1 mg
Carbohydrate	1 g	1 g	1 g	2 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	1 g	1 g	1 g	1 g
Protein	0 g	0 g	0 g	1 g
Calcium	3 mg	5 mg	7 mg	8 mg

Ingredients: Water, 100% Pure Decaf Soluble Coffee.

Cappuccino (made with Nescafé® Alegria Intense)

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	105	172	232	288
Total Fat	3 g	5 g	7 g	9 g
Saturated Fat	3 g	5 g	6 g	8 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	3 mg	5 mg	6 mg	8 mg
Sodium	97 mg	159 mg	214 mg	266 mg
Carbohydrate	15 g	24 g	32 g	40 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	13 g	21 g	28 g	35 g
Protein	5 g	8 g	10 g	13 g
Calcium	157 mg	257 mg	347 mg	430 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Soluble Coffee.

Black Coffee

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	5	9	11	14
Total Fat	0 g	0 g	0 g	0 g
Saturated Fat	0 g	0 g	0 g	0 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	0 mg	0 mg	0 mg	0 mg
Sodium	1 mg	1 mg	2 mg	1 mg
Carbohydrate	1 g	1 g	2 g	2 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	1 g	1 g	1 g	1 g
Protein	0 g	0 g	1 g	1 g
Calcium	3 mg	5 mg	7 mg	8 mg

Ingredients: Water, 100% Pure Soluble Coffee.

Cinnamon Latte

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	87	129	165	209
Total Fat	3 g	4 g	5 g	7 g
Saturated Fat	2 g	4 g	5 g	6 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	2 mg	4 mg	5 mg	6 mg
Sodium	82 mg	122 mg	157 mg	198 mg
Carbohydrate	12 g	18 g	23 g	29 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	11 g	16 g	21 g	27 g
Protein	4 g	6 g	7 g	9 g
Calcium	131 mg	194 mg	250 mg	315 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Coffee [Coffee, Caramelized Sugar, Artificial and Natural Flavors].

Decaf Cappuccino

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	112	149	186	233
Total Fat	4 g	5 g	6 g	8 g
Saturated Fat	3 g	4 g	5 g	6 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	3 mg	4 mg	5 mg	6 mg
Sodium	105 mg	140 mg	175 mg	219 mg
Carbohydrate	15 g	20 g	25 g	31 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	14 g	18 g	23 g	29 g
Protein	5 g	7 g	9 g	11 g
Calcium	170 mg	226 mg	283 mg	354 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Decaf Soluble Coffee.

French Vanilla Cappuccino

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	127	193	261	312
Total Fat	3 g	5 g	6 g	8 g
Saturated Fat	3 g	5 g	6 g	7 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	1 mg	1 mg	2 mg	2 mg
Sodium	157 mg	239 mg	322 mg	386 mg
Carbohydrate	24 g	37 g	50 g	59 g
Dietary Fiber	0 g	0 g	1 g	1 g
Sugars	17 g	25 g	34 g	41 g
Protein	1 g	2 g	3 g	4 g
Calcium	44 mg	67 mg	90 mg	108 mg

Ingredients: Water, Sugar, Corn Maltodextrin, Nonfat Dry Milk, Hydrogenated Vegetable Oils (Coconut or Palm Kernel and Soybean), Corn Syrup Solids, Coffee, Salt, Cocoa Processed with Alkali, Cellulose Gum, Casein, Sodium Aluminosilicate, Artificial and Natural Flavors, Dipotassium Phosphate, Mono- and Diglycerides, Diacetyl Tartaric Acid Ester of Mono- and Diglycerides, Sodium Hydroxide.

Espresso

	2 oz.
Calories	5
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	1 g
Protein	0 g
Calcium	3 mg

Ingredients: Water, 100% Pure Soluble Coffee.

Hot Cocoa with Sweetened Milk

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	105	151	213	242
Total Fat	2 g	3 g	4 g	5 g
Saturated Fat	2 g	2 g	3 g	4 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	2 mg	3 mg	5 mg	6 mg
Sodium	139 mg	199 mg	282 mg	320 mg
Carbohydrate	19 g	27 g	38 g	44 g
Dietary Fiber	1 g	1 g	2 g	2 g
Sugars	17 g	24 g	34 g	38 g
Protein	4 g	6 g	9 g	10 g
Calcium	139 mg	200 mg	283 mg	321 mg

Ingredients: Water, Chocolate [Sugar, Nonfat Dry Milk, Cocoa Processed with Alkali, Dairy Product Solids, Sodium Silicoaluminate, Lactose, Cellulose Gum, Salt, Artificial Vanilla Flavor], Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt].

Cinnamon Black Coffee

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	3	4	6	8
Total Fat	0 g	0 g	0 g	0 g
Saturated Fat	0 g	0 g	0 g	0 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	0 mg	0 mg	0 mg	0 mg
Sodium	0 mg	0 mg	0 mg	0 mg
Carbohydrate	1 g	1 g	1 g	2 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	1 g	1 g	1 g	2 g
Protein	0 g	0 g	0 g	0 g
Calcium	0 mg	0 mg	0 mg	0 g

Ingredients: Water, Coffee, Caramelized Sugar, Artificial and Natural Flavors.

Latte

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	90	127	185	215
Total Fat	3 g	4 g	6 g	7 g
Saturated Fat	2 g	3 g	5 g	6 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	2 mg	4 mg	5 mg	6 mg
Sodium	85 mg	119 mg	173 mg	201 mg
Carbohydrate	12 g	18 g	25 g	30 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	11 g	16 g	23 g	26 g
Protein	4 g	6 g	8 g	10 g
Calcium	137 mg	192 mg	279 mg	325 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Soluble Coffee.

Espresso (made with Nescafé® Alegria Intense)

	2 oz.
Calories	5
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	1 g
Protein	0 g
Calcium	3 mg

Ingredients: Water, 100% Pure Soluble Coffee.



Current as of 9/14

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutrition Information

Latte (made with Nescafé Alegria Intense)

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	90	139	180	215
Total Fat	3 g	4 g	6 g	7 g
Saturated Fat	2 g	4 g	5 g	6 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	2 mg	4 mg	5 mg	6 mg
Sodium	85 mg	129 mg	168 mg	200 mg
Carbohydrate	12 g	19 g	25 g	30 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	11 g	17 g	22 g	26 g
Protein	4 g	6 g	8 g	10 g
Calcium	137 mg	209 mg	271 mg	323 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Soluble Coffee.

Mocha

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	82	127	169	192
Total Fat	2 g	3 g	4 g	5 g
Saturated Fat	2 g	2 g	3 g	4 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	2 mg	3 mg	4 mg	5 mg
Sodium	94 mg	147 mg	196 mg	222 mg
Carbohydrate	13 g	21 g	28 g	32 g
Dietary Fiber	1 g	1 g	1 g	1 g
Sugars	12 g	18 g	24 g	28 g
Protein	4 g	5 g	7 g	8 g
Calcium	112 mg	175 mg	233 mg	265 mg

Ingredients: Water, Milk [Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt], Chocolate [Sugar, Nonfat Dry Milk, Cocoa Processed with Alkali, Dairy Product Solids, Sodium Silicoaluminate, Lactose, Cellulose Gum, Salt, Artificial Vanilla Flavor], Soluble Coffee.

Steamer

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	113	168	232	280
Total Fat	4 g	6 g	8 g	9 g
Saturated Fat	3 g	5 g	7 g	8 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	3 mg	5 mg	7 mg	8 mg
Sodium	110 mg	164 mg	227 mg	273 mg
Carbohydrate	15 g	23 g	32 g	38 g
Dietary Fiber	0 g	0 g	0 g	0 g
Sugars	14 g	21 g	29 g	34 g
Protein	5 g	8 g	10 g	13 g
Calcium	176 mg	262 mg	362 mg	436 mg

Ingredients: Water, Nonfat Milk, Sugar, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Dipotassium Phosphate, Cellulose Gum, Sodium Aluminosilicate, Salt.

Mokalita®

	8 oz.	12 oz.	16 oz.	20 oz.
Calories	103	161	224	262
Total Fat	3 g	4 g	6 g	7 g
Saturated Fat	2 g	4 g	5 g	6 g
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	1 mg	2 mg	2 mg	3 mg
Sodium	128 mg	199 mg	277 mg	324 mg
Carbohydrate	18 g	29 g	40 g	47 g
Dietary Fiber	1 g	1 g	2 g	2 g
Sugars	15 g	24 g	33 g	38 g
Protein	3 g	4 g	6 g	7 g
Calcium	76 mg	118 mg	164 mg	192 mg

Ingredients: Water, Chocolate Milk [Sugar, Nonfat Milk, Dairy Product Solids, Vegetable Oil (Partially Hydrogenated Coconut or Palm Kernel and Hydrogenated Soybean), Corn Syrup Solids, Cocoa, and less than 2% of Cellulose Gum, Natural and Artificial Flavors, Sodium Caseinate, Salt, Dipotassium Phosphate, Sodium Citrate, Sodium Aluminosilicate, Mono- and Diglycerides, Sucralose], Soluble Coffee.