

Nutritional Information



	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dark Chocolate Allens Coffee Brandy	723	38	37	493	87	4	52	8
Dark Chocolate Cinnamon Sugar	629	37	37	484	65	4	30	8
Dark Chocolate Coconut	769	40	37	491	96	4	61	8
Dark Chocolate Old Fashioned	602	37	37	484	57	3	23	8
Dark Chocolate Sea Salt	679	39	37	874	74	3	40	8
Dark Chocolate Vanilla	679	39	37	484	74	3	40	8
Gluten Free Chocolate Cinnamon Sugar	565	38	39	1191	69	4	32	5
Gluten Free Chocolate Coconut	705	40	39	1198	100	4	63	5
Gluten Free Chocolate Old Fashioned	538	38	39	1191	61	4	25	5
Gluten Free Chocolate Sea Salt	603	38	39	1581	78	4	42	5
Gluten Free Chocolate Vanilla	603	38	39	1191	78	4	42	5
Gluten Free Plain Blueberry	455	17	38	435	73	3	38	5
Gluten Free Plain Chai	496	17	38	482	86	3	50	5
Gluten Free Plain Cinnamon Glazed	532	17	38	502	93	4	56	5
Gluten Free Plain Cinnamon Sugar	407	17	38	435	61	3	26	5
Gluten Free Plain Lemon	453	18	38	435	73	3	37	5
Gluten Free Plain Old Fashioned	379	17	38	435	54	3	19	5
Gluten Free Plain Pomegranate	503	17	38	437	86	3	51	5
Gluten Free Plain Toasted Coconut	547	19	38	441	92	3	56	5
Gluten Free Plain Triple Berry	488	17	38	435	82	3	46	5
Gluten Free Plain Vanilla	426	17	38	435	66	3	61	5
Plain Allens Coffee Brandy	526	18	37	485	81	2	45	8
Plain Chai	521	18	37	531	82	2	46	8
Plain Cinnamon Glazed	557	18	37	550	90	3	52	8
Plain Cinnamon Sugar	432	18	37	484	57	2	22	8
Plain Coffee Cake	648	22	48	638	103	3	59	9
Plain Holy Cannoli Triple Berry	724	34	56	524	91	2	54	11
Plain Holy Cannoli Ginger	565	29	48	471	64	2	32	9
Plain Honey Lavender	574	18	37	494	94	2	58	8
Plain Lemon	478	18	37	484	69	2	33	8
Plain Maple	519	18	37	503	80	2	44	8
Plain Maple Bacon	584	22	55	787	80	2	44	13
Plain Old Fashioned	405	18	37	484	50	2	15	7
Plain Pomegranate	531	18	37	485	83	2	47	8
Plain Toasted Coconut	585	20	37	493	91	2	54	8
Plain Triple Berry	513	18	37	484	78	2	42	8
Plain Vanilla	451	18	37	484	62	2	26	7
Sweet Potato Coffee Cake	752	32	48	645	105	4	60	9
Sweet Potato Ginger Glazed	572	28	37	513	69	2	31	8
Sweet Potato Ginger Sugar	536	28	37	491	60	2	22	8
Sweet Potato Old Fashioned	509	28	37	490	53	2	15	8
Vegan Chai	434	9	1	537	82	2	45	6
Vegan Cinnamon Glazed	470	9	1	556	90	3	51	6
Vegan Cinnamon Sugar	345	9	1	490	58	2	21	6
Vegan Lemon	391	9	1	490	69	2	32	6
Vegan Old Fashioned	317	9	1	490	50	2	14	6
Vegan Pomegranate	444	9	1	491	83	2	46	6
Vegan Toasted Coconut	498	11	1	499	91	2	53	6
Vegan Triple Berry	425	9	1	490	78	2	41	6
Vegan Vanilla	364	9	1	490	62	2	26	6
Blueberry Old Fashioned	357	12	37	484	52	2	15	7
Blueberry Coffee Cake	600	16	48	638	104	4	59	9
Blueberry Lemon	412	12	37	484	66	2	29	7
Blueberry Glazed	432	12	37	484	7	3	34	8
Blueberry Maple Bacon	536	16	55	787	82	2	44	13