



CINNABON

*Nutritional
Guide*

Product Name	Serving size	Calories	Calories from fat	Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Fiber (grams)	Sugar (grams)	Protein (grams)
Cinnabon® Classic Roll	1 (268g)	880	330	37	17	0	55	1140	127	2	58	13
MiniBon® Roll	1 (97g)	350	130	15	7	0	25	330	51	1	23	5
Caramel Pecanbon®	1 (310g)	1080	460	51	20	0	65	1270	146	3	75	14
Caramel Pecanbon® MiniBon® Roll	1 (118g)	450	200	22	8	0	30	390	60	2	32	6
Cinnabon® Classic BonBites™ 4 ct	4-Bites (134g)	430	150	17	8	0	25	370	60	1	25	5
Cinnabon® Classic BonBites™ 6 ct	6 Bites (200g)	640	230	25	11	0	35	560	90	2	38	8
Caramel Pecan BonBites™ 4 ct	4 Bites (155g)	580	260	29	10	0	25	470	73	2	39	7
Caramel Pecan BonBites™ 6 ct	6 Bites (232g)	860	380	42	15	0	40	700	109	3	59	10
Cinnabon Stix® 5 ct	5 Stix (113g)	420	190	22	10	0	20	440	51	1	21	6
Cinnabon Stix® 10 ct	10 Stix (225g)	840	390	43	19	0.5*	35	880	102	2	41	12
Churro Stick 1 ct	1 (85g)	290	90	10	2	0	0	340	43	2	14	6
Churro Swirl 1 ct	1 (1100g)	310	130	28	2	0	0	330	38	2	7	7
Churro Frosting Sandwich 1 ct	1 (1264g)	880	400	44	13	0	20	820	109	5	42	14
Center of The Roll™ Classic	1 (216g)	750	300	34	16	0	50	860	105	2	58	9
Center of The Roll™ Caramel Pecanbon®	1 (231g)	840	380	42	16	0	50	920	108	3	59	10
CinnaSweeties™ 5 ct	1 (60g)	250	110	13	6	0	0	190	31	1	13	3
CinnaSweeties™ 10 ct	1 (121g)	500	230	25	12	0	0	380	63	2	27	7
CinnaSweeties™ 15 ct	1 (182g)	750	340	38	18	0	0	570	95	2	40	10
Frosting Cup	1 (45g)	210	120	13	6	0	10	120	23	0	21	1
CinnaPack® Classic Rolls 6 pk & 4 pk	1 Roll (282g)	940	360	41	19	0	60	1170	134	2	65	13
CinnaPack® MiniBon® Rolls 15 pk & 9 pk	1 Roll (105g)	380	150	17	8	0	25	330	53	1	27	5
CinnaPack® Classic BonBites™ 16 pk	4 Bites (146g)	480	190	21	10	0	30	410	69	2	37	5
CinnaPack® Caramel Pecanbon®	1 Roll (310g)	1140	490	55	22	0	70	1300	153	4	81	14
CinnaPack® Caramel Pecanbon® Rolls MiniBon® Rolls 15 pk & 9 pk	1 Roll (118g)	480	210	24	9	0	30	410	64	2	35	6
CinnaPack® Caramel Pecan BonBites™ 16 pk	4 Bites (172g)	630	290	32	11	0	30	490	78	2	44	7
MochaLatta Chill® 16 oz	16 fl. oz (530g)	360	130	14	8	0	40	200	53	1	49	8
MochaLatta Chill® 24 oz	24 fl. oz (644g)	420	140	16	9	0	45	280	64	2	59	10
Classic Lemonade 16 oz	16 fl. oz (496g)	130	0	0	0	0	0	15	34	0	33	0
Classic Lemonade 24 oz	24 fl. oz (610g)	160	0	0	0	0	0	15	42	0	40	0
Raspberry Lemonade 16 oz	16 fl. oz (501g)	170	0	0	0	0	0	20	44	0	42	0
Raspberry Lemonade 24 oz	24 fl. oz (616g)	210	0	0	0	0	0	25	55	0	52	0

*naturally occurring trans fats

Last updated 12-2018

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Frozen Classic Lemonade, 16 oz	16 fl. oz (453g)	270	0	0	0	0	0	10	70	0	67	0
Frozen Classic Lemonade, 24 oz	24 fl. oz (581g)	340	0	0	0	0	0	15	88	0	84	0
Frozen Raspberry Lemonade, 16 oz	16fl. oz (478g)	280	0	0	0	0	0	20	71	0	67	0
Frozen Raspberry Lemonade, 24 oz	24 fl. oz (623g)	380	0	0	0	0	0	30	97	0	92	0
Orange Juice 12 oz	12 fl. oz (374g)	180	5	0	0	0	0	5	43	1	31	3
Orange Juice 16 oz	16 fl. oz (498g)	240	5	1	0	0	0	10	57	1	41	3
Cold Brew Iced Coffee Vanilla 16 oz	16 fl. oz (486g)	170	30	3	2	0	10	70	34	0	32	2
Cold Brew Iced Coffee Vanilla 24 oz	24 fl. oz (607g)	200	35	3.5	2	0	10	80	39	0	38	3
Cold Brew Iced Coffee Cinnamon Roll 16oz	16 fl. oz (498g)	180	30	3.5	2	0	10	100	34	0	32	3
Cold Brew Iced Coffee Cinnamon Roll 24oz	24 fl. oz (621g)	210	35	4	2.5	0	10	115	40	0	37	3
Cold Brew Frozen Coffee Vanilla 16 oz	16 fl. oz (540g)	520	150	17	11	0	65	210	87	0	80	8
Cold Brew Frozen Coffee Vanilla 24 oz	24 fl. oz (668g)	630	170	19	13	0	75	270	107	0	99	9
Cold Brew Frozen Coffee Cinnamon Roll 16oz	16 fl. oz (498g)	520	150	17	11	0	65	240	87	0	79	8
Cold Brew Frozen Coffee Cinnamon Roll 24oz	24 fl. oz (621g)	630	170	19	13	0	75	300	108	0	97	10
Strawberries & Cream Chillatta™ 16 oz	16 fl. oz (558g)	540	160	18	12	0	70	250	89	1	81	9
Strawberries & Cream Chillatta™ 24 oz	24 fl. oz (699g)	670	190	22	14	0	85	310	113	1	102	11
Double Chocolate Mocha Chillatta™ 16 oz	16 fl. oz (488g)	360	120	13	7	0	35	160	59	3	54	8
Double Chocolate Mocha Chillatta™ 24 oz	24 fl. oz (618g)	460	130	15	8	0	40	200	79	4	72	10
Oreo® Cookies & Cream Chillatta™ 16 oz	16 fl. oz (562g)	700	230	25	13	0	70	650	112	2	85	12
Oreo® Cookies & Cream Chillatta™ 24 oz	24 fl. oz (703g)	880	280	31	16	0	85	830	141	2	107	15
Signature Cinnamon Roll Chillatta™ 16 oz	16 fl. oz (606g)	840	260	29	17	0	80	480	135	3	89	12
Signature Cinnamon Roll Chillatta™ 24 oz	24 fl. oz (730g)	1010	300	33	19	0	90	550	166	3	103	14
Ghirardelli® Hot Cocoa 12 oz	12 fl. oz (373g)	250	90	10	7	0	20	260	41	2	35	2
Ghirardelli® Hot Cocoa 16 oz	16 fl. oz (431g)	310	100	11	7	0	20	340	53	3	45	4
Ghirardelli® Hot Cocoa 20 oz	20 fl. oz (558g)	360	110	12	8	0	25	430	64	4	64	5
Cinnamon Roll Hot Cocoa 12 oz	12 fl. oz (382g)	300	90	10	7	0	20	260	54	3	35	4
Cinnamon Roll Hot Cocoa 16 oz	16 fl. oz (445g)	360	100	11	7	0	20	350	66	4	45	4
Cinnamon Roll Hot Cocoa 20 oz	20 fl. oz (580g)	440	110	12	8	0	25	430	83	5	55	5
Coffee 12 oz	12 fl. oz (283g)	5	0	0	0	0	0	5	0	0	0	0
Coffee 16 oz	16 fl. oz (340g)	5	0	0	0	0	0	5	0	0	0	0
Coffee 20 oz	20 fl. oz (510g)	5	0	0	0	0	0	10	0	0	0	0

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Milk, Skim-Whole, 12 oz	12 fl. oz (366g)	120-220	5-110	0-12	0-7	0	5 to 35	150	17-18	0	17-18	12
Milk, Skim-Whole, 16 oz	16 fl. oz (488g)	170-290	5-140	0-16	0-9	0	10 to 50	200-210	22-24	0	22-24	16-17
Chocolate Reduced Fat Milk, 12 oz	12 fl. oz (375g)	280	60	7	4.5	0	30	250	45	3	36	11
Chocolate Reduced Fat Milk, 16 oz	16 fl. oz (500g)	380	90	9	6	0	40	330	61	3	48	15
Egg & Cheese Sandwich with Cheese Roll	1 (156g)	380	140	15	8	0	90	870	41	1	7	17
Sausage, Egg & Cheese Sandwich with Cheese Roll	1 (199g)	550	270	30	13	0	120	1280	42	1	7	23
Bacon, Egg & Cheese Sandwich with Cheese Roll	1(170g)	450	190	21	10	0	100	1340	41	1	7	23
Smoked Turkey Panini Sandwich with Cheese Roll	1 (221g)	530	220	24	12	0	80	1650	49	1	10	29
Black Forest Ham Panini Sandwich with Cheese Roll	1 (221g)	590	230	25	13	0	80	1410	48	1	10	28
Smoked Turkey Club Panini Sandwich with Cheese Roll	1 (217g)	520	220	25	10	0	80	1960	48	1	9	28
Grilled Cheese Panini Sandwich with Cheese Roll	1(146g)	480	230	26	15	0.5*	70	1070	41	1	9	21
Sausage Bites 3 ct	3 Bites (138g)	490	310	35	13	0	55	1010	33	1	7	11
Sausage Bites 5 ct	5 Bites (230g)	810	520	58	21	0	90	1680	55	1	12	19
Maple Syrup	1.5 fl. Oz. (39g)	100	0	0	0	0	0	50	27	0	14	0

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