

# WINTER MENU NUTRITION FACTS

## Healthy Holiday Nog

### Nutrition Facts

servings per container  
**Serving size 20 fl. oz. (591 ml)**  
**(388g)**

Amount per serving  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 420mg	18%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 1g	4%
Total Sugars 25g	
Includes 18g Added Sugars	36%
<b>Protein</b> 27g	
Vitamin D 2mcg	10%
Calcium 462mg	35%
Iron 1mg	6%
Potassium 477mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Beetroot & Berries

### Nutrition Facts

servings per container  
**Serving size 20 fl. oz. (591 ml)**  
**(385g)**

Amount per serving  
**Calories 320**

	% Daily Value*
<b>Total Fat</b> 2.5g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 53g	19%
Dietary Fiber 3g	11%
Total Sugars 39g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 177mg	15%
Iron 1mg	6%
Potassium 499mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Peppermint Mocha

### Nutrition Facts

servings per container  
**Serving size 20 fl. oz. (591 ml)**  
**(445g)**

Amount per serving  
**Calories 510**

	% Daily Value*
<b>Total Fat</b> 7g	9%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 610mg	27%
<b>Total Carbohydrate</b> 71g	26%
Dietary Fiber 2g	7%
Total Sugars 57g	
Includes 49g Added Sugars	98%
<b>Protein</b> 40g	
Vitamin D 2mcg	10%
Calcium 524mg	40%
Iron 1mg	6%
Potassium 663mg	15%

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## Ginger Mocha Spice

### Nutrition Facts

servings per container  
**Serving size 20 fl. oz. (591 ml)**  
**(431g)**

Amount per serving  
**Calories 450**

	% Daily Value*
<b>Total Fat</b> 4.5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 580mg	25%
<b>Total Carbohydrate</b> 70g	25%
Dietary Fiber 2g	7%
Total Sugars 57g	
Includes 49g Added Sugars	98%
<b>Protein</b> 30g	
Vitamin D 2mcg	10%
Calcium 454mg	35%
Iron 2mg	10%
Potassium 612mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## The Resolution

### Nutrition Facts

servings per container  
**Serving size 20 fl. oz. (591 ml)**  
**(390g)**

Amount per serving  
**Calories 340**

	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 55g	20%
Dietary Fiber 5g	18%
Total Sugars 36g	
Includes 0g Added Sugars	0%
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 910mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Chocolate Heart-Beet

### Nutrition Facts

servings per container  
**Serving size 20 fl. oz. (591 ml)**  
**(379g)**

Amount per serving  
**Calories 310**

	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 50g	18%
Dietary Fiber 4g	14%
Total Sugars 40g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 2mg	10%
Potassium 139mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.