



CINNABON

*Nutritional
Guide*

Product Name	Serving Size	Calories	Fat (gm)	Saturated Fat (gr)	Trans Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carb. (grams)	Fiber (gr)	Total Sugars (gr)	Added Sugars (gr)	Protein (gr)
Cinnabon® Classic Roll	1 (241g)	880	37	16	0	55	1150	129	2	61	59	12
Minibon® Roll	1 (96g)	350	15	7	0	25	350	52	1	24	24	5
Caramel Pecanbon®	1 (286)	1090	51	20	1	65	1280	149	4	77	75	14
Caramel Pecanbon MiniBon® Roll	1 (116g)	460	22	8	0	30	400	62	2	33	31	6
Cinnabon® Classic Bites, 4 ct	4-Bites (100g)	410	17	8	0	25	480	58	2	27	25	5
Caramel Pecanbon® Bites, 4 ct	4 Bites (125g)	560	30	10	0	30	570	67	2	34	32	7
Cinnabon Stix®, 5 ct	5 Stix (88g)	440	25	11	0	15	470	49	1	21	20	6
Cinnabon Stix®, 10 ct	10 Stix (176g)	880	50	22	0	30	950	98	2	42	40	12
Churro Stick, 1 ct	1 (83g)	250	8	2	0	0	260	38	1	12	12	4
Churro Swirl, 1 ct	1(104 g)	370	21	3	0	0	310	41	1	10	9	5
Center of The Roll-Classic	1 (198g)	760	34	16	0	50	870	106	2	60	58	9
Center of The Roll-Caramel Pecanbon	1 (213g)	850	43	16	0	50	930	109	3	61	59	10
CinnaSweeties™ 5 ct	1 (49g)	250	13	6	0	0	190	32	1	13	11	3
CinnaSweeties™ 10 ct	1 (97g)	500	25	12	0	0	380	63	2	27	21	7
Frosting Cup	1 (51g)	210	13	6	0	10	125	25	0	22	22	1
CinnaPack Classic Rolls, 6 pk & 4 pk	1 Roll (255g)	940	41	18	1	60	1180	136	2	68	66	13
Minibon® Roll CinnaPack, 15 pk & 9 pk	1 Roll (104g)	380	17	8	0	25	350	55	1	28	27	5
Caramel Pecanbon® CinnaPack Classic Rolls, 6 pk & 4 pk	1 Roll (300 g)	1160	55	22	1	70	1320	156	4	84	81	14
Caramel Pecanbon® Minibon® Roll, 15 pk & 9 pk	1 Roll (125g)	490	24	9	0	30	410	65	2	36	35	6
CinnaPack® Classic BonBites™ 16 pk	4 Rolls (115g)	460	21	10	0	30	510	63	2	32	32	5
CinnaPack® Pecanbon BonBites™ 16 pk	4 Rolls (135g)	600	32	11	0	30	600	73	2	37	36	7
MochaLatta Chill®, 16 oz	16 fl. oz (544g)	410	14	8	0	40	200	64	2	56	48	9
MochaLatta Chill®, 24 oz	24 fl. oz (658g)	480	16	9	0	45	280	75	2	66	56	11
Classic Lemonade, 16 oz	16 fl. oz (496g)	120	0	0	0	0	20	30	0	28	27	0
Classic Lemonade, 24 oz	24 fl. oz (610g)	150	0	0	0	0	25	37	0	34	34	0
Raspberry Lemonade, 16 oz	16 fl. oz (501g)	160	0	0	0	0	35	40	0	38	37	0
Raspberry Lemonade, 24 oz	24 fl. oz (616g)	210	0	0	0	0	45	50	0	48	47	0
Lemonade Chillatta, 16 oz	16 fl. oz (454g)	250	0	0	0	0	25	62	0	57	56	0
Lemonade Chillatta, 24 oz	24 fl. oz (581g)	310	0	0	0	0	30	77	0	71	70	0

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Raspberry Lemonade Chillatta, 16 oz	16 fl. oz (478g)	270	0	0	0	0	50	66	0	63	61	0
Raspberry Lemonade Chillatta, 24 oz	24 fl. oz (623g)	370	0	0	0	0	65	90	0	86	83	0
Iced Cold Brew Coffee, Vanilla, 16 oz	16 fl. oz (519g)	180	4	3	0	10	80	35	0	33	29	3
Iced Cold Brew Coffee, Vanilla, 24 oz	24 fl. oz (620g)	210	5	3	0	15	85	40	0	38	33	3
Iced Cold Brew Coffee, Cinnamon Roll, 16 oz	16 fl. oz (531g)	180	4	3	0	10	110	35	0	32	28	3
Iced Cold Brew Coffee, Cinnamon Roll, 24 oz	24 fl. oz (643g)	210	5	3	0	15	125	40	0	37	32	3
Strawberries & Cream Chillattas®, 16 oz	16 fl. oz (558g)	530	18	12	0	70	220	86	1	78	67	9
Strawberries & Cream Chillattas®, 24 oz	24 fl. oz (700g)	660	21	14	0	85	280	109	1	99	84	11
Chocolate Mocha Chillattas®, 16 oz	16 fl. oz (502g)	380	13	7	0	35	160	61	3	54	46	8
Chocolate Mocha Chillattas®, 24 oz	24 fl. oz (618g)	480	15	8	0	40	200	82	4	72	62	10
Oreo® Chillattas®, 16 oz	16 fl. oz (562g)	710	27	14	0	70	380	109	2	87	75	11
Oreo® Chillattas®, 24 oz	24 fl. oz (704g)	890	33	17	0	85	490	139	2	109	94	14
Cinnamon Roll Cold Brew Coffee Chillatta, 16 oz	16 fl. oz (552g)	520	17	11	0	65	230	85	0	77	68	8
Cinnamon Roll Cold Brew Coffee Chillatta, 24 oz	24 fl. oz (682g)	630	19	13	0	75	250	105	0	95	83	9
Vanilla Cold Brew Coffee Chillatta, 16 oz	16 fl. oz (540g)	510	17	11	0	65	200	85	0	78	69	7
Vanilla Cold Brew Coffee Chillatta, 24 oz	24 fl. oz (668g)	620	19	13	0	75	250	105	0	96	84	9
Coffee, 12 oz	12 fl. oz (283g)	5	0	0	0	0	5	0	0	0	0	0
Coffee, 16 oz	16 fl. oz (340g)	5	0	0	0	0	5	0	0	0	0	0
Coffee, 20 oz	20 fl. oz (510g)	5	0	0	0	0	10	0	0	0	0	0
Hot Cocoa, 12 oz with Whipped Cream)	12 fl. oz (363g)	290	11	3	0	15	370	54	2	49	35	3
Hot Cocoa, 16 oz with Whipped Cream)	16 fl. oz (430)	310	12	4	0	20	370	55	2	49	36	3
Egg & Cheese Sandwich-with Cheese Roll	1 (156g)	380	15	8	0	90	870	42	2	7	6	17
Sausage, Egg & Cheese Sandwich-with Cheese Roll	1 (199g)	560	33	14	0	125	1100	42	2	7	6	21
Bacon, Egg & Cheese Sandwich-with Cheese Roll	1(170g)	460	21	10	0	100	1340	42	2	7	6	23
Egg & Cheese Sandwich-on Ciabatta	1(156g)	420	17	5	0	130	910	53	2	1	0	15
Sausage, Egg & Cheese Sandwich-On Ciabatta	1(198)	600	35	10	0	165	1140	53	2	1	0	19
Bacon, Egg & Cheese Sandwich-on Ciabatta	1(166g)	470	21	6	0	140	1080	53	2	1	0	18
Egg & Cheese Sandwich-on Croissant	1 (128 g)	410	28	11	0	140	360	27	1	4	4	11
Sausage, Egg & Cheese Sandwich-On Croissant	1(170g)	590	46	17	0	175	590	27	1	4	4	15

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Bacon, Egg & Cheese Sandwich-on Croissant	1(138g)	460	32	13	0	150	530	27	1	4	4	14
Smoked Turkey Panini Sandwich -with Cheese Roll	1 (221g)	530	24	12	0	80	1650	49	2	9	6	29
Black Forest Ham Panini Sandwich -with Cheese Roll	1 (221g)	540	25	13	0	80	1410	48	2	9	6	28
Smoked Turkey Club Panini Sandwich -with Cheese Roll	1 (217g)	530	24	12	0	80	1650	49	2	8	6	28
Smoked Turkey Panini Sandwich -with Croissant	1(197g)	510	30	13	0	70	1090	35	1	7	4	24
Black Forest Ham Panini Sandwich -with Croissant	1(197g)	510	31	14	0	70	850	34	1	7	4	23
Smoked Turkey Club Panini Sandwich -with Croissant	1(200g)	530	33	13	0	80	1520	35	1	6	4	24
Grilled Cheese Panini Sandwich -with Croissant	1(137)	520	36	20	1	75	760	29	1	6	4	18
Grilled Cheese Panini Sandwich -with Cheese Roll	1(158g)	480	24	15	0	65	1370	46	2	10	6	21
Maple Sausage Bites, 3 ct	3 Bites (125g)	480	35	13	0	55	880	29	1	5	4	11
Maple Sausage Bites, 5 ct	5 Bites (208g)	800	58	21	0	90	1460	48	2	8	7	19
Maple Syrup	1.5 fl. Oz. (39g)	100	0	0	0	0	50	27	0	14	14	0

***naturally occurring trans fats**

Last updated 05-2021