

Calorie count and sugar content

Item:		Snow calorie count (cal) per small (12oz cup)	Toppings calorie count (cal) per 12 oz		Total calories (cal) per 12 oz	Sugar content per 12 oz (g) (snow only)		Carbohydrates (snow only) (grams)	Fat (snow only) (grams)	protein (snow only) (grams)
Strawberry Cheesecake		72	106		178	10		15	0.8	0.15
Mexican Candy		70	71		141	10		13	0.3	0.5
VP		54	90		144	10		10	0.3	0.5
Smoreos		75	180		255	14		18	1.6	0.32
Snow Thaiger		54	90		144	10		10	0.3	0.5
Pina Colada		60	125		185	10		10	0.3	0.5
Dulce de Leche		75	95		170	14		18	1.6	0.32
Halo-halo		54	150		204	10		10	0.3	0.5
Italian Grape Soda		70	30		100	10		13	0.3	0.5
Tuxedo		54	120		174	10		10	0.3	0.5
Twix		54	130		184	10		10	0.3	0.5
Sweet tooth		75	65		140	14		18	1.6	0.32
Orange Dreamscapade		70	300		370	10		10	0.3	0.5
Polar Affogatto		75	185		260	14		18	1.6	0.32
Peanut butter cup		75	150		225	14		18	1.6	0.32
Root Beer Float Snow		70	70		140	15		19	1.6	0.15
Mint Chocolate		70	100		170	10		12.5	0.7	0.32
Banana Cream Pie		54	70		124	10		10	0.3	0.5
Pumpkin Spice Latte		75	65		140	14		19	1.6	0.23

Calorie count and sugar content

Item:		Snow calorie count (cal) per 12 oz		Sugar content per 12 oz (g)	Dairy, non-dairy (contains Sodium Cassenaite), *some stores offer vegan version	Carbohydrates (snow only) (grams)	Fat (snow only) (grams)	protein (snow only) (grams)
Strawberry		70		10	non-dairy *	13	0.8	0.15
Mango		70		10	non-dairy *	13	0.8	0.15
Green Tea		54		10	non-dairy	10	0.3	0.5
Cookies and Cream		75		14	dairy	18	1.6	0.32
Taro		54		10	non-dairy	10	0.3	0.5
Pineapple		70		10	non-dairy *	13	0.8	0.15
Orange		70		10	non-dairy *	13	0.8	0.15
Thai Tea		54		10	non-dairy	10	0.3	0.5
Coffee		75		14	dairy	18	1.6	0.32
PMS		70		10	non-dairy	13	0.8	0.15
Honeydew		70		10	non-dairy *	13	0.8	0.15
Vanilla		75		14	dairy	18	1.6	0.32
Cotton Candy		75		14	dairy	18	1.6	0.32
Grape		70		10	non-dairy *	13	0.8	0.15
Watermelon		70		10	non-dairy *	13	0.8	0.15
Banana		54		10	non-dairy	10	0.3	0.5
Mint		70		10	non-dairy *	13	0.8	0.15
Root Beer		75		15	non-dairy *	19	1.6	0.15
chocolate		75		12	non-dairy	16	1.8	0.16
Coconut		54		10	non-dairy	10	0.3	0.5
Peanut butter		75		14	dairy	18	1.6	0.32
Root Beer		70		15	non-dairy *	19	1.6	0.15
Pumpkin Spice		75		14	dairy	19	1.6	0.23

Table 1

Item	Calories per serving (cal)	
strawberries	6	
watermelon	9	
raspberry	3	
brownie	140	
marshmallow	30	
graham crackers	70	
coconut shreds	25	
oreos	50	
almonds	50	
sprinkles	20	
reese's chips	120	
rainbow jelly	50	
tajin	20	
pop rocks	15	
whipped cream	15	
jack fruit	15	
ube paste	50	
white beans	85	
red beans	80	
macapuno strings	80	
lychee fruit	40	
pineapple bits	20	
coconut jelly	80	
lychee jelly	28	
mango/straw boba	35	

Snow Flavor:	Ingredient and allergen info
Strawberry	Strawberry Snow: Fructose, Strawberry Syrup, Sugar, Xanthan Gum, Strawberry Flavor, Malic Acid, Potassium Sorbate, Sodium Citrate, Citric Acid, FD&C Red #3, FD&C Red #40 Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Vanilla	Vanilla Snow: maltodextrin, coconut oil, nonfat milk, natural and artificial flavors, sodium caseinate (a milk derivative), dipotassium phosphate, salt, xanthan anticaking agent), sodium aluminosilicate, soy lecithin, annatto extract (for color)
Taro	Taro Snow: Taro Powder, Sugar, Glucose, FD&C Red #40, FD&C Red #3, FD&C Blue #1 P1068, Sugar, Glucose, Maltodextrin, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium
Green Tea	Green Tea snow: Green Tea P1050, Non-Dairy Creamer (Corn Syrup Solids, Hydrogenated Soybean Oil, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Sodium Aluminoliciate), Sugar, Glucose, Papaya, FD&C Red #40, FD&C Yellow #6, FD&C Yellow #5
Pineapple	Fructose, Pineapple Syrup, Sugar, Xanthan Gum, Citric Acid, Pineapple Flavor, Potassium Sorbate, Sodium Citrate, FD&C Yellow #5, FD&C Yellow #6, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Coconut	Non-Dairy Creamer (Corn Syrup Solids, Hydrogenated Soybean Oil, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Sodium Aluminoliciate), Glucose, Coconut Powder, Sugar
chocolate	Cocoa processed with alkali, unsweetened chocolate, soy lecithin, vanilla extract, sugar, fully hydrogenated palm kernel oil, sodium casseinate, dipotassium phosphate, mono-and diglycerides, silicon dioxide
Thai Tea	Thai tea snow: sugar, non-dairy creamer (glucose syrup, palm kernel oil, sodium caseinate), instant thai tea powder 2.5%, fd&c yellow 6 (e110).
Orange	Orange snow: Fructose, Orange Syrup, Sugar, Xanthan Gum, Malic Acid, Potassium Sorbate, Orange Flavor, Sodium Citrate, Citric Acid, FD&C Yellow #5, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Watermelon	Fructose, Watermelon Extract, Vitamin C, Potassium Sorbate, FD&C Red #40 Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Cotton candy	Sugar, fructose, maltodextrin, corn syrup, palm oil, nonfat milk, natural and artificial flavors, sodium casienate, dipotassium phosphate, mono- and diglycerides, xanthin gum, guar gum, silicon dioxinide, sodium silicoaluminate, soy lecithin, annatto (for color), BHT (to protect flavor), blue #1
Peanut Butter	Peanut butter snow: sugar, partially hydrogenated cocnut oil, maltodextrin, corn syrup solids, nonfat milk, natural and artificial flavors, sodium caseinate (a milk derivative), coffee, cocoa powder (processed with alkali), carrageenan, dipotassium phosphate, propylene glycol esters of fatty acids, mono- and diglycerides, silicon dioxide (anticaking agent), sodium silicoaluminate, salt, soy lecithin, guar gum, xanthan gum, annatto extract (for color).
Coffee	Coffee, Sugar, fructose, maltodextrin, corn syrup, palm oil, nonfat milk, natural and artificial flavors, sodium casienate, dipotassium phosphate, mono- and diglycerides, xanthin gum, guar gum, silicon dioxinide, sodium silicoaluminate, soy lecithin, annatto (for color)
Grape	Fructose, Grape Syrup, Sugar, Xanthan Gum, Citric Acid, Potassium Sorbate, Sodium Citrate, Grape Flavor, FD&C Red #3, FD&C Red #40, FD&C Blue #1, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Cookies and Cream	Cookies and Cream Snow: Cookies and Cream: Sugar, Nonfat Milk, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Cookie Base (Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Partially Hydrogenated Soybean Oil, Cocoa, High Fructose Corn Syrup, Corn Flour, Whey, Baking Soda, Salt, Soy Lecithin, Chocolate, Cornstarch, Vanillin), Cocoa, Sodium Caseinate, Natural and Artificial Flavors, Carrageenan, Dipotassium Phosphate, Mono and Diglycerides, Salt, Sodium Silicoaluminate, Soy Lecithin.
Banana	SUGAR, NON-DAIRY CREAMER (TAPIOCA SYRUP, HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DISPOTASSIUM PHOSPHATE, MONO AND DIGLYCERID, SODIUM ALUMINOSILICATE.), TAPIOCA STARCH, CALCIUM CARBONATE, BANANA FLAVOR, BUTTER POWDER, BANANA POWDER, SILICON DIOXIDE, FD&C RED #40, FD&C YELLOW #5.
Mango	Fructose, Mango Syrup, Sugar, Xanthan Gum, Malic Acid, Mango Flavor, Potassium Sorbate, Acesulfame Potassium, FD&C Yellow #5 Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
PMS	Fructose, Mango Syrup, Peach syrup, Sugar, Xanthan Gum, Malic Acid, Mango Flavor, Potassium Sorbate, Acesulfame Potassium, FD&C Yellow #5 Strawberry Snow: Fructose, Strawberry Syrup, Sugar, Xanthan Gum, Strawberry Flavor, Malic Acid, Potassium Sorbate, Sodium Citrate, Citric Acid, FD&C Red #3, FD&C Red #40 Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Litchi	Sugar, Litchi juice, Fructose, Water, Litchi flavor, Citric acid, Xanthan gum, Sodium citrate, Potassium Sorbate as preservative, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Pumpkin Spice	PURE CANE SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID, SODIUM BENZOATE (TO PRESERVE FRESHNESS), POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CARAMEL COLOR, nonfat milk, honey, spice blend, bourbon vanilla, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Peach	Fructose, water, peach juice, sugar, malic acid, xanthan gum, peach flavor, sodium citrate, cloudy agents, potassium sorbate, acesulfame potassium, FD&C Yellow #5 and #6, FD&C Red #40, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Honeydew	High-Fructose Corn Syrup, water, Sugar, Apple juice 1.6%, Honeydew juice 1%, Propylene Glycol, D-Sorbitol, Starch Sodium Octenyl Succinate, Palm oil, Malic Acid, Honeydew Flavor, Sodium Citrate, xanthan gum, Potassium Sorbate as preservative, acesulfame potassium, FD&C Yellow #5, FD&C Blue #1, Maltodextrine, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium Silico Aluminate
Rootbeer	PURE CANE SUGAR, WATER, NATURAL FLAVORS, CITRIC ACID, PHOSPHORIC ACID, CARAMEL COLOR, SODIUM BENZOATE AND POTASSIUM SORBATE (TO PRESERVE FRESHNESS). Maltodextrin, Vegetable Oil, Sodium Caseinate, Potassium Phosphate Dibasic, Potassium Tripoly Phosphate, Approved Emulsifiers, Sodium

Syrup Topping:	Ingredients:
Condensed milk	Non-fat Milk, Sugar, Vitamin A Palmitate
Chocolate syrup	High Fructose Corn Syrup, Corn Syrup, Water, Cocoa (Adds a Negligible Amount of Fat), Sugar, Contains 2% or Less of: Potassium Sorbate (Preservative), Salt, Mono- and Diglycerides (Adds a Negligible Amount of Fat), Xanthan Gum, Polysorbate 60, Vanillin, Artificial Flavor.
Caramel syrup	Corn Syrup, Sugar, Invert Sugar, Heavy Cream, Water, Butter (Cream, Salt), Nonfat Milk, Less than 1% of Lecithin, Natural Flavors, Salt, Sodium Bicarbonate, Caramel Color. Contains: Milk
White Chocolate Syrup	Sugar, Water, Sweetened Condensed Skim Milk (Skim Milk, Sugar), Tapioca Syrup, Nonfat Milk, Cocoa Butter. Less than 1% of Natural Flavor, Salt, Carrageenan Gum, Lecithin. Contains Milk
Strawberry syrup	Sugar, High Fructose Corn Syrup, Water, Natural And Artificial Flavor, Citric Acid, Sodium Benzoate (preservative), Color (red 40).