

Q Café – Hot Chocolate												
	Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Nutrition Facts												
Hot Chocolate - whole milk	12 oz	204	66	7.4	6.0	0.0	21	102	29	1	29	8
Hot Chocolate - 2% milk	12 oz	168	38	4.2	4.3	0.0	15	102	27	1	26	7
Hot Chocolate - fat free milk	12 oz	130	7	0.7	2.0	0.0	3	95	26	1	26	6
Hot Chocolate - soy milk	12 oz	144	29	2.4	2.3	0.0	0	81	23	2	21	6
Hot Chocolate - whole milk	16 oz	278	86	9.6	8.2	0.0	27	134	41	2	41	10
Hot Chocolate - 2% milk	16 oz	236	51	5.6	6.0	0.0	20	139	39	2	38	9
Hot Chocolate - fat free milk	16 oz	189	10	1.0	3.0	0.0	4	135	38	2	38	8
Hot Chocolate - soy milk	16 oz	210	41	4.6	3.4	0.0	0	115	34	4	32	8
Hot Chocolate - whole milk	20 oz	353	106	11.8	10.3	0.0	33	167	54	2	54	13
Hot Chocolate - 2% milk	20 oz	305	64	7.1	7.8	0.0	25	176	51	2	50	12
Hot Chocolate - fat free milk	20 oz	249	13	1.3	4.0	0.0	6	175	50	2	50	11
Hot Chocolate - soy milk	20 oz	275	53	5.8	4.6	0.0	0	150	46	4	43	11
Hot Chocolate Caramel - whole milk	12 oz	254	66	7.4	6.0	0.0	21	102	41	1	41	8
Hot Chocolate Caramel - 2% milk	12 oz	218	38	4.2	4.3	0.0	15	102	39	1	38	7
Hot Chocolate Caramel - fat free milk	12 oz	180	7	0.7	2.0	0.0	3	95	38	1	38	6
Hot Chocolate Caramel - soy milk	12 oz	194	29	2.4	2.3	0.0	0	81	35	2	33	6
Hot Chocolate Caramel - whole milk	16 oz	353	86	9.6	8.2	0.0	27	134	59	2	59	10
Hot Chocolate Caramel - 2% milk	16 oz	311	51	5.6	6.0	0.0	20	139	57	2	56	9
Hot Chocolate Caramel - fat free milk	16 oz	264	10	1.0	3.0	0.0	4	135	56	2	56	8
Hot Chocolate Caramel - soy milk	16 oz	285	41	4.6	3.4	0.0	0	115	52	4	50	8
Hot Chocolate Caramel - whole milk	20 oz	453	106	11.8	10.3	0.0	33	167	78	2	78	13
Hot Chocolate Caramel - 2% milk	20 oz	405	64	7.1	7.8	0.0	25	176	75	2	74	12
Hot Chocolate Caramel - fat free milk	20 oz	349	13	1.3	4.0	0.0	6	175	74	2	74	11
Hot Chocolate Caramel - soy milk	20 oz	375	53	5.8	4.6	0.0	0	150	70	4	67	11

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Hot Chocolate Eggnog - whole milk	12 oz	244	66	7.4	6.0	0.0	21	102	48	1	48	8
Hot Chocolate Eggnog - 2% milk	12 oz	208	38	4.2	4.3	0.0	15	102	46	1	45	7
Hot Chocolate Eggnog - fat free milk	12 oz	170	7	0.7	2.0	0.0	3	95	45	1	45	6
Hot Chocolate Eggnog - soy milk	12 oz	184	29	2.4	2.3	0.0	0	81	42	2	40	6
Hot Chocolate Eggnog - whole milk	16 oz	338	86	9.6	8.2	0.0	27	134	70	2	70	10
Hot Chocolate Eggnog - 2% milk	16 oz	296	51	5.6	6.0	0.0	20	139	68	2	67	9
Hot Chocolate Eggnog - fat free milk	16 oz	249	10	1.0	3.0	0.0	4	135	66	2	66	8
Hot Chocolate Eggnog - soy milk	16 oz	270	41	4.6	3.4	0.0	0	115	63	4	61	8
Hot Chocolate Eggnog - whole milk	20 oz	433	106	11.8	10.3	0.0	33	167	92	2	92	13
Hot Chocolate Eggnog - 2% milk	20 oz	385	64	7.1	7.8	0.0	25	176	89	2	88	12
Hot Chocolate Eggnog - fat free milk	20 oz	329	13	1.3	4.0	0.0	6	175	88	2	88	11
Hot Chocolate Eggnog - soy milk	20 oz	355	53	5.8	4.6	0.0	0	150	84	4	81	11