

Q Café – Macchiato												
Nutrition Facts	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)
Hot Caramel Macchiato - whole milk	12 oz	302	68	7.7	8.0	0.0	23	156	54	0	46	7
Hot Caramel Macchiato - 2% milk	12 oz	266	40	4.5	6.3	0.0	17	156	52	0	43	6
Hot Caramel Macchiato - fat free milk	12 oz	228	9	1.0	4.0	0.0	5	149	50	0	42	5
Hot Caramel Macchiato - soy milk	12 oz	242	31	2.7	4.3	0.0	2	135	48	1	38	5
Hot Caramel Macchiato - whole milk	16 oz	363	86	9.7	9.2	0.0	29	180	63	0	55	9
Hot Caramel Macchiato - 2% milk	16 oz	321	51	5.7	7.0	0.0	22	185	61	0	52	8
Hot Caramel Macchiato - fat free milk	16 oz	274	10	1.1	4.0	0.0	6	181	59	0	52	7
Hot Caramel Macchiato - soy milk	16 oz	295	41	4.7	4.4	0.0	2	161	56	2	46	7
Hot Caramel Macchiato - whole milk	20 oz	425	104	11.7	10.3	0.0	35	205	73	0	65	11
Hot Caramel Macchiato - 2% milk	20 oz	377	62	7.0	7.8	0.0	27	214	70	0	61	10
Hot Caramel Macchiato - fat free milk	20 oz	321	11	1.2	4.0	0.0	8	213	69	0	61	9
Hot Caramel Macchiato - soy milk	20 oz	347	51	5.7	4.6	0.0	2	188	65	2	54	9
Iced Caramel Macchiato - whole milk	16 oz	265	50	5.7	6.9	0.0	17	131	51	0	43	5
Iced Caramel Macchiato - 2% milk	16 oz	250	34	3.8	5.9	0.0	15	142	50	0	41	5
Iced Caramel Macchiato - fat free milk	16 oz	228	9	1.0	4.0	0.0	5	149	50	0	42	5
Iced Caramel Macchiato - soy milk	16 oz	242	31	2.7	4.3	0.0	2	135	48	1	38	5
Iced Caramel Macchiato - whole milk	24 oz	345	77	8.7	8.6	0.0	26	168	62	0	54	8
Iced Caramel Macchiato - 2% milk	24 oz	321	51	5.7	7.0	0.0	22	185	61	0	52	8
Iced Caramel Macchiato - fat free milk	24 oz	285	10	1.1	4.0	0.0	7	197	61	0	53	8
Iced Caramel Macchiato - soy milk	24 oz	309	46	5.2	4.5	0.0	2	175	58	2	47	8