

SELECTED INGREDIENT DATA
Marylou's News, Inc

SUGAR	
Nutrition Facts	
Serving Size: 1 tsp Amount Per Serving:	
Calories per Serving	15
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	0
Total Carbohydrate	4g
Dietary Fiber	0
Sugars	4
Protein	0

SPLENDA	
Nutrition Facts	
Serving Size: 1 packet Amount Per Serving:	
Calories per Serving	0
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	0
Total Carbohydrate	<1g
Dietary Fiber	0
Sugars	<1g
Protein	0

EQUAL	
Nutrition Facts	
Serving Size: 1 packet Amount Per Serving:	
Calories per Serving	0
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	0
Total Carbohydrate	<1g
Dietary Fiber	1
Sugars	<1g
Protein	1

SWEET N' LOW	
Nutrition Facts	
Serving Size: 1 packet Amount Per Serving:	
Calories per Serving	0
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	0
Total Carbohydrate	<1g
Dietary Fiber	2
Sugars	<1g
Protein	2

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CREAM	
Nutrition Facts	
Serving Size: 3 tblsp	
Amount Per Serving:	
Calories per Serving	59.0625
Calories from Fat	6.5625
Total Fat	4.5g
Saturated Fat	2.71875
Cholesterol	18.28mg
Sodium	33.75mg
Total Carbohydrate	2.625g
Dietary Fiber	0g
Sugars	2.53g
Protein	0.75g

WHOLE MILK	
Nutrition Facts	
Serving Size: 1 cup	
Amount Per Serving:	
Calories per Serving	150
Calories from Fat	70
Total Fat	8g
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Dietary Fiber	0
Sugars	11g
Protein	8g

SKIM MILK	
Nutrition Facts	
Serving Size: 1 cup	
Amount Per Serving:	
Calories per Serving	90
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	130mg
Total Carbohydrate	13g
Dietary Fiber	0
Sugars	12g
Protein	8g

WHIPPED CREAM	
Heavy Cream, Skim Milk, Sugar, Nonfat Milk Solid, Corn Syrup Monoglycerides, Polysorbate 60, Natural & Artificial Vanilla, Carrageenan & Nitrous Oxide Gas.	
Nutrition Facts	
Serving Size: 1/9 can	
Amount Per Serving:	
Calories per Serving	146.66
Calories from Fat	146.66
Total Fat	14.66g
Saturated Fat	9.77g
Cholesterol	48.88mg
Sodium	0mg
Total Carbohydrate	9.77g
Dietary Fiber	0
Sugars	9.77g
Protein	0

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MOCHA	
Sugar, Skim Milk, High Fructose Corn Syrup, Cocoa (processed with Alkali, Partially Hydrogenated Soybean Oil, Whey, Less than 2% of: Salt, Disodium Phosphate, Soy Lecithin, Potassium Sorbate (preservative), Natural Flavor, Chocolate Liquor, Cream.	
Nutrition Facts	
Serving Size: 2 oz	
Amount Per Serving:	
Calories per Serving	27.67
Calories from Fat	1
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	45.67mg
Total Carbohydrate	5g
Dietary Fiber	0
Sugars	4.67g
Protein	0.33g

HERSHEY'S CHOCOLATE	
Nutrition Facts	
Serving Size: 1/8 small bar	
Amount Per Serving:	
Calories per Serving	5.75
Calories from Fat	3
Total Fat	0.325g
Saturated Fat	0.175g
Cholesterol	0.125mg
Sodium	0.75mg
Total Carbohydrate	0.65g
Dietary Fiber	0.025g
Sugars	0.55g
Protein	0.075g

HERSHEY'S STRAWBERRY SYRUP	
High Fructose Corn Syrup, Water, Sugar, Corn Syrup, Contains 2% or less of Artificial Flavor, Citric Acid, Sodium Benzoate, Xanthan Gum, Artificial Flavor (Red 40)	
Nutrition Facts	
Serving Size: 2 tblsp	
Amount Per Serving:	
Calories per Serving	100
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	10mg
Total Carbohydrate	26g
Dietary Fiber	0
Sugars	24g
Protein	0

HERSHEY'S CHOCOLATE SYRUP	
High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2% or less of the following: Potassium Sorbate, Salt, Mono-Diglycerides, Xanthan Gum, Polysorbate 60, Vanillin.	
Nutrition Facts	
Serving Size: 2 tblsp	
Amount Per Serving:	
Calories per Serving	100
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	15mg
Total Carbohydrate	24g
Dietary Fiber	0
Sugars	20g
Protein	<1g

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SWISS MISS HOT CHOCOLATE	
Sugar, Skim Milk, High Fructose Corn Syrup, Cocoa (processed with Alkali, Partially Hydrogenated Soybean Oil, Whey, Less than 2% of: Salt, Disodium Phosphate, Soy Lecithin, Potassium Sorbate (preservative), Natural Flavor, Chocolate Liquor, Cream.	
Nutrition Facts	
Serving Size: 2oz	
Amount Per Serving:	
Calories per Serving	27.67
Calories from Fat	1
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	45.67mg
Total Carbohydrate	5g
Dietary Fiber	0
Sugars	4.67g
Protein	0.33g

ARCTIC WAVE CAPPUCINO	
Sugar, Non-Dairy Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Sugar, Dipotassium Phosphate, Propylene Glycol Ester of Fatty Acids, Mono- and Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carageenan, Artificial Flavor and Color), Coffee, Cocoa processed with Alkali, Cellulose Gum, Sodium Citrate, Salt, Artificial Flavor, Silicon Dioxide (anticaking agent).	
Nutrition Facts	
Serving Size: 1oz	
Amount Per Serving:	
Calories per Serving	10
Calories from Fat	2.25
Total Fat	0.25g
Saturated Fat	0.21875g
Cholesterol	0
Sodium	7.81mg
Total Carbohydrate	1.93g
Dietary Fiber	0.0625g
Sugars	1.75g
Protein	0

TORANI BUTTERSCOTCH SYRUP	
Pure Cane Sugar, Water, Natural Flavors, Sodium Benzoate, Potassium Sorbate (Preservative), Citric Acid, Caramel Color.	
Nutrition Facts	
Serving Size: 1oz	
Amount Per Serving:	
Calories per Serving	80
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	8mg
Total Carbohydrate	19g
Dietary Fiber	0
Sugars	15g
Protein	0

TORANI CARAMEL SAUCE	
Corn Syrup, Sugar, High Fructose Corn Syrup, Heavy Cream, Water, Butter, Nonfat Milk, Natural Flavor, Salt, Soy Lecithin, Mono- and Diglycerides, Sodium Bicarbonate.	
Nutrition Facts	
Serving Size: 1oz	
Amount Per Serving:	
Calories per Serving	130
Calories from Fat	30
Total Fat	3.5g
Saturated Fat	2.5g
Cholesterol	10mg
Sodium	60mg
Total Carbohydrate	24g
Dietary Fiber	0
Sugars	14g
Protein	<1g

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TORANI CARAMEL SYRUP	
Pure Cane Sugar, Water, Natural Flavors, Citric Acid, Sodium Benzoate, Potassium Sorbate (preservative), Caramel Color.	
Nutrition Facts	
Serving Size: 1oz	
Amount Per Serving:	
Calories per Serving	70
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	3mg
Total Carbohydrate	17g
Dietary Fiber	0
Sugars	16g
Protein	0

TORANI COCONUT SYRUP	
Pure Cane Sugar, Water, Natural Flavors, Fractionated Coconut Oil, Ester Gum, Citric Acid, Sodium Benzoate, Potassium Sorbate (Preservative).	
Nutrition Facts	
Serving Size: 1oz	
Amount Per Serving:	
Calories per Serving	90
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	0
Total Carbohydrate	22g
Dietary Fiber	0
Sugars	22g
Protein	0

TORANI CRÈME de MENTHE SYRUP	
Pure Cane Sugar, Water, Natural Flavors, Citric Acid, Sodium Benzoate, Potassium Sorbate (preservative), FD&C Yellow #5, FD&C Blue #1.	
Nutrition Facts	
Serving Size: 1oz	
Amount Per Serving:	
Calories per Serving	85
Calories from Fat	0
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	5mg
Total Carbohydrate	21g
Dietary Fiber	0
Sugars	20g
Protein	0