



NUTRITION INFORMATION

(U.S. RESTAURANTS)

At Olive Garden, choice is always on the menu, and today there are more ways than ever to eat healthier while sharing moments together with friends and family. In addition to our Classic entrées, we're committed to providing a wide range of delicious options so you can enjoy the meal that's right for you. We're committed to giving you easy access to the nutrition information you need, whether in our restaurants or online, and we're always innovating our menu, so check back often.

Olive Garden attempts to provide nutrition information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants; limited time offers, regional items, or test products may not be included. While menu item nutrition analysis is based on standard recipes, variations between the nutrition info reported here and what is actually served may occur due to the handcrafted nature of our menu items, natural variability that occurs within ingredients, region of the country and season of the year.

This listing is updated periodically in an attempt to reflect the current data and suggest you check each time you dine with us. All items are listed as-served, unless otherwise noted. "-" indicates nutrition data is not available at this time.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-331-2729 or by visiting www.olivegarden.com/contact-us

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
FlavorFilled Pastas											
Cheese-Filled Gnocchi al Forno	900	490	54	33	0	155	2620	67	6	5	30
Cheese-Filled Gnocchi al Forno with Chicken	1120	580	64	37	0	285	2960	68	6	5	64
Five Cheese Tortelloni al Forno	1140	610	68	38	1	275	2290	86	5	11	51
Five Cheese Tortelloni al Forno with Chicken	1360	690	77	42	1.5	405	2630	87	5	12	85
Lobster Ravioli with Shrimp & Scallops	1070	540	60	37	1.5	375	2280	90	14	18	49
Early Dinner Duos											
Cheese Ravioli with Marinara	780	350	39	20	0	125	2140	68	5	11	41
Cheese Ravioli with Meat Sauce	860	410	46	24	0	170	2190	65	4	11	50
Chicken Parmigiana	660	260	29	7	0	75	1740	65	5	12	35
Chicken Piccata	350	180	21	9	0	125	1230	11	2	3	33
Eggplant Parmigiana	1060	490	54	12	0	45	1990	113	11	23	30
Fettuccine Alfredo	1010	500	56	34	1.5	155	850	97	7	5	30
Five Cheese Ziti al Forno	1220	640	71	36	1	185	2160	103	6	19	45
Grilled Chicken Parmigiana	520	170	19	5	0	115	1340	48	5	10	42
Lasagna Classico	640	330	36	20	1	145	1430	39	5	12	40
Ravioli di Portobello	820	410	46	24	1	160	1150	73	6	8	27
Spaghetti with Meat Sauce	640	200	22	7	0	60	1050	85	4	17	26
Appetizers											
LTO! Meatball Pizza Fritta	590	180	20	7	0.5	50	1180	74	5	18	29
alfredo sauce	220	190	22	14	0.5	70	300	3	0	less than 1 g	4
marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
LTO! Parmesan Zucchini Bites	510	270	30	10	0	100	940	39	2	5	22
marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
LTO! Spinach Artichoke Dip	780	440	49	21	1.5	95	1930	50	6	7	31
Breadstick with garlic topping	140	20	2.5	0.5	0	0	460	25	less than 1 g	1	4
Dipping sauce - Alfredo	440	390	43	27	1	140	600	5	0	1	8
Dipping sauce - Five Cheese Marinara	220	160	17	9	0	45	540	11	1	6	5
Dipping sauce - Marinara	90	40	5	0	0	0	480	11	2	6	1
Calamari	870	500	56	5	0	320	2400	67	6	3	24
Calamari (a sampler portion)	430	250	28	2.5	0	160	1200	34	3	1	12
marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
creamy ranch	210	190	21	3.5	0	15	430	3	0	2	1
Chicken Fingers	220	100	11	1	0	50	430	12	0	0	19
marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Five Italian Cheese Fonduta	760	430	48	25	0.5	115	1890	41	2	2	34
Fried Mozzarella	860	530	59	28	1.5	135	1870	48	3	4	34
Fried Mozzarella (a sampler portion)	320	190	21	9	0	45	740	20	1	1	14
marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Garlic Mussels Marinara	510	220	25	4.5	0	55	1360	41	3	10	30
Lasagna Fritta	1070	640	71	29	1.5	160	1650	73	5	4	35
Lasagna Fritta (a sampler portion)	530	280	31	10	0.5	60	730	43	3	0	20
Shrimp Scampi Fritta - Classic	580	330	36	11	0	220	1870	36	less than 1 g	3	22
Shrimp Scampi Fritta - Spicy	560	330	37	6	0	200	1920	34	0	2	22
Spicy Calabrian Chicken Tenders	900	600	67	15	0.5	185	2250	19	4	less than 1 g	56
Gorgonzola sauce	170	150	17	4	0	20	350	2	0	1	2

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Stuffed Mushrooms	380	270	30	8	0	20	860	13	1	3	15
Toasted Beef & Pork Ravioli	340	140	15	2.5	0	15	750	39	3	3	12
marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Piadinás & Flatbread											
Grilled Chicken & Cheese Piadina	720	400	44	14	0.5	95	1360	46	4	4	35
Grilled Vegetable & Cheese Piadina	630	340	37	12	0.5	50	990	52	5	7	22
Italian Meats & Cheese Piadina	780	510	57	21	0	110	1990	39	2	3	30
Marinara sauce (served with Piadina)	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Grilled Chicken Flatbread	720	410	45	24	0.5	150	2230	42	2	4	36
Soups & Salad											
Chicken & Gnocchi	230	100	12	4.5	0	55	1290	22	1	4	11
Minestrone	110	10	1	0	0	0	810	17	4	4	5
Zuppa Toscana	220	130	15	7	0	40	790	15	2	2	7
Pasta e Fagioli	150	50	5	2	0	15	710	16	3	4	8
Stellini Soup (Regional)	200	70	7	2.5	0	20	1240	22	1	2	9
Famous House Salad with signature Italian dressing	150	90	10	1.5	0	less than 5 mg	770	13	2	4	3
Famous House Salad with low-fat Italian dressing	100	35	4	0	0	5	660	13	2	4	2
Famous House Salad without dressing	70	15	2	0	0	0	250	11	2	2	2
Create Your Own Pasta											
Pastas											
Angel Hair	350	25	2.5	0	0	0	10	67	3	2	12
Cavatappi	430	35	4	0.5	0	0	10	83	3	4	15
Gluten-Free Rotini	430	50	6	0.5	0	0	0	87	2	0	8
Rigatoni	440	50	6	0.5	0	0	10	83	3	5	14
Spaghetti	340	30	3.5	0	0	0	10	67	3	4	12
Whole Grain Linguine	350	50	6	0	0	0	10	57	14	2	17
Homemade Sauces											
Asiago Garlic Alfredo	940	820	91	57	2	295	1320	14	0	6	19
Five Cheese Marinara	440	310	35	18	0.5	90	1080	22	3	12	10
Parmesan Pesto	530	490	55	7	0	10	760	5	2	2	6
Traditional Marinara	190	80	10	1	0	0	960	22	3	13	3
Traditional Meat Sauce	300	170	19	7	0	60	1040	19	2	13	14
Toppings											
Crispy Chicken Fritta	240	110	12	1.5	0	50	730	14	1	less than 1 g	20
Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Italian Sausage (2)	470	360	39	14	0	115	1140	2	less than 1 g	2	27
Meatballs (3)	480	360	40	19	2	65	1060	7	3	0	23
Sautéed Shrimp	60	0	0	0	0	130	580	0	0	0	14
Breadstick Sandwiches											
Chicken Parmigiana Sandwich	630	290	33	10	0	85	1760	49	3	4	37
Eggplant Parmigiana Sandwich	650	320	36	10	0	40	1330	63	5	8	22
Italian Meatball Sandwich	650	400	45	20	1.5	75	1420	37	3	2	27
Spicy Calabrian Chicken Sandwich	520	270	30	8	0	65	1190	38	2	2	26
Garlic Parmesan Fries (served with Sandwich)	270	110	12	1	0	0	720	36	3	0	3
ketchup (served with fries)	80	0	0	0	0	0	640	20	less than 1 g	16	less than 1 g
Tastes of the Mediterranean											

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Margherita (lunch portion)	370	200	22	7	0	120	700	8	2	3	37
Chicken Margherita (dinner portion)	590	290	32	11	0	230	1100	9	3	4	69
Chicken Piccata (lunch portion)	350	180	21	9	0	125	1230	11	2	3	33
Chicken Piccata (dinner portion)	500	220	24	10	0	220	1460	11	3	4	61
Herb-Grilled Salmon	460	250	28	8	0	125	570	8	4	3	43
Linguine di Mare	570	150	16	2	0	180	1450	64	14	11	44
Ravioli di Portobello (lunch portion)	570	280	31	16	0.5	110	790	52	4	6	19
Salmon Piccata	590	360	40	13	0	140	1250	12	2	3	45
Shrimp Scampi	500	170	19	9	0	150	1150	56	6	1	26
Classic Recipes											
Cheese Ravioli with Marinara Sauce	780	350	39	20	0	125	2140	68	5	11	41
Cheese Ravioli with Meat Sauce	860	410	46	24	0	170	2190	65	4	11	50
Grilled Chicken Parmigiana	760	260	29	9	0	225	2000	54	6	13	75
Chicken Parmigiana	1060	470	52	14	0	155	2980	86	7	16	63
Eggplant Parmigiana	1060	490	54	12	0	45	1990	113	11	23	30
Fettuccine Alfredo Mini Pasta Bowl (lunch)	650	410	45	27	1	140	610	47	2	3	15
Fettuccine Alfredo (dinner)	1010	500	56	34	1.5	155	850	97	7	5	30
Five Cheese Ziti al Forno	1220	640	71	36	1	185	2160	103	6	19	45
Lasagna Classico (lunch)	640	330	36	20	1	145	1430	39	5	12	40
Lasagna Classico (dinner)	930	470	53	28	1.5	210	2070	56	8	18	58
Ravioli di Portobello (dinner)	820	410	46	24	1	160	1150	73	6	8	27
Spaghetti with Meat Sauce Mini Pasta Bowl (lunch)	360	100	12	3.5	0	30	530	51	3	9	14
Tour of Italy	1520	860	96	48	1.5	340	3250	92	6	19	75
Chicken Entrées											
Chicken & Shrimp Carbonara	1590	1020	114	61	2	475	2410	78	4	12	66
Chicken Alfredo	1480	850	94	56	2	395	1480	95	4	9	63
Chicken Scampi	1260	640	72	28	0	200	1990	105	4	7	49
Stuffed Chicken Marsala	950	520	58	27	1	310	1950	33	4	8	74
Seafood Entrées											
LTO! Seafood Alfredo	1250	670	75	45	2	310	1480	95	4	8	49
LTO! Citrus Glazed Salmon	1350	720	80	37	1	270	1580	89	4	18	66
Seafood Lasagna Sauté	1260	720	80	46	2	400	1630	79	5	10	59
Shrimp Alfredo	1150	620	69	41	1.5	340	1490	92	4	5	40
Beef Entrées											
LTO! 6 oz. Sirloin with Fettuccine Alfredo	980	540	60	32	1.5	240	2000	54	4	6	58
Braised Beef & Tortelloni	1120	520	58	24	1.5	230	2370	83	6	16	67
Steak Gorgonzola-Alfredo	1380	760	85	51	2	330	2810	88	6	8	68
Sides											
Garlic Parmesan Fries	270	110	12	1	0	0	720	36	3	0	3
Garlic Mashed Potatoes	150	70	8	3	0	10	460	17	2	3	3
Parmesan Crusted Zucchini	90	60	7	2	0	5	190	5	1	3	4
Roasted Potatoes	400	150	17	4.5	0	15	470	54	5	2	8
Steamed Broccoli	35	0	0	0	0	0	35	7	4	3	4
Desserts											
LTO! Caramel Buttercream Cake	530	250	28	5	0	55	210	66	1	46	5
LTO! Seasonal Sicilian Cheesecake	880	440	49	32	1.5	155	500	98	2	82	14

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LTO! Pumpkin Cheesecake	840	420	46	25	1.5	185	670	98	5	63	9
Black Tie Mousse Cake	750	450	50	30	1	155	290	76	4	59	9
Lemon Cream Cake	550	280	31	17	0	70	440	60	0	45	6
Tiramisu	470	240	27	17	0	215	125	54	0	35	6
Warm Apple Crostata	630	260	29	15	0	35	420	83	2	41	7
Zeppoli (no sauce)	810	250	28	3.5	0	0	510	119	6	25	20
chocolate sauce	220	25	3	2	0	10	110	48	less than 1 g	42	2
raspberry sauce	210	0	0	0	0	0	10	51	0	35	0
Dolcini mini desserts											
Amaretto Tiramisu	220	150	17	10	0	90	65	14	0	11	3
Chocolate Mousse	240	160	18	10	0	55	125	18	1	12	2
Dark Chocolate Caramel Cream	240	140	16	8	0	50	110	23	less than 1 g	17	2
Limoncello Mousse	240	130	15	10	0	45	85	26	0	20	2
Strawberry & White Chocolate	190	100	11	6	0	30	100	23	0	18	1
Kids Menu											
Create Your Own Pasta											
Pastas											
Fettuccine	170	10	1.5	0	0	0	0	34	1	1	6
Small Shells	210	20	2	0	0	0	5	42	2	2	7
Spaghetti	170	15	1.5	0	0	0	5	33	1	2	6
Whole Grain Linguine	220	30	3.5	0	0	0	5	36	9	1	11
Sauces											
Alfredo Sauce	330	290	32	20	1	105	450	4	0	less than 1 g	6
Five Cheese Marinara	160	120	13	7	0	35	400	8	less than 1 g	5	4
Meat Sauce	110	60	7	2.5	0	25	390	7	less than 1 g	5	5
Tomato Sauce	80	45	5	0.5	0	0	420	8	1	5	1
Toppings											
Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Meatball	160	120	13	6	0.5	20	350	2	less than 1 g	0	8
Shrimp	30	0	0	0	0	65	290	0	0	0	7
Kids Entrées											
Cheese Pizza	400	120	13	7	0	25	720	54	3	4	17
add Pepperoni	60	50	5	2	0	10	240	0	0	0	2
Cheese Ravioli	340	150	16	8	0	50	980	33	3	6	17
Cheeseburger Sliders (2 ea.)	540	250	28	13	1	100	1010	38	less than 1 g	7	34
Cheesy Piadina	530	320	35	13	0.5	55	800	37	2	1	17
Chicken Fingers & Pasta	400	140	16	1.5	0	50	720	42	2	5	24
Macaroni & Cheese	360	120	14	8	0	40	870	45	2	6	16
Kids Sides											
Grapes	40	0	0	0	0	0	0	11	less than 1 g	9	0
Steamed Broccoli	35	0	0	0	0	0	35	7	4	3	4
French Fries	250	100	11	1	0	0	360	36	3	0	3
ketchup (served with fries)	80	0	0	0	0	0	640	20	less than 1 g	16	less than 1 g
Kids Drinks											
Milk, 1% low fat	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk, 1% low fat	180	25	2.5	1.5	0	10	135	31	0	29	8

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Juice, Apple	170	0	0	0	0	0	50	42	0	42	0
Juice, Cranberry	180	0	0	0	0	0	50	45	0	45	0
Juice, Orange	180	0	0	0	0	0	10	40	0	36	3
Raspberry Lemonade	110	0	0	0	0	0	10	7	0	6	0
Kids Desserts											
Smoothie, Strawberry-Banana	120	0	0	0	0	0	30	30	2	22	less than 1 g
Smoothie, Peach-Mango	120	0	0	0	0	0	15	29	less than 1 g	23	less than 1 g
Sundae with chocolate syrup	190	70	8	5	0	30	45	28	less than 1 g	22	2
Gluten-Sensitive Menu											
Gluten-Sensitive Soup & Salad											
Zuppa Toscana (U.S. only)	220	130	15	7	0	40	790	15	2	2	7
Famous House Salad without croutons	110	80	8	1.5	0	less than 5 mg	670	7	2	3	2
Gluten-Sensitive Entrées											
Grilled Chicken Parmigiana	790	270	30	9	0	225	1980	63	6	11	73
Herb-Grilled Salmon	460	250	28	8	0	125	570	8	4	3	43
Rotini with Marinara sauce	610	130	15	1.5	0	0	970	109	5	13	10
Rotini with Meat sauce	730	220	25	8	0	60	1040	106	4	13	22
Rotini with Parmesan Pesto sauce	960	550	61	8	0	10	760	92	4	2	14
Add Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Add Italian Sausage	470	360	39	14	0	115	1140	2	less than 1 g	2	27
Add Shrimp	70	0	0	0	0	120	200	less than 1 g	0	0	16
Gluten-Sensitive Kids Entrées											
Rotini with Marinara & Chicken	490	100	11	1.5	0	95	710	66	4	16	34
Rotini with Marinara sauce	310	70	8	0.5	0	0	480	55	3	6	5
Rotini with Meat sauce	360	110	12	4	0	30	520	53	2	7	11
Drinks											
Wines											
Whites and Rosé - glass	150	0	0	0	0	-	10	4	0	2	0
Whites and Rosé - quartino	220	0	0	0	0	-	15	6	0	3	0
Whites and Rosé - bottle	630	0	0	0	0	-	35	16	0	7	less than 1 g
Whites and Rosé - magnum bottle	1250	0	0	0	0	-	75	32	0	14	1
Reds - glass	160	0	0	0	0	-	-	5	-	-	0
Reds - quartino	230	0	0	0	0	-	-	8	-	-	0
Reds - bottle	660	0	0	0	0	-	-	21	-	-	less than 1 g
Reds - magnum bottle	1310	0	0	0	0	-	-	43	-	-	1
Sparkling Prosecco - glass	160	0	0	0	0	0	10	10	0	10	less than 1 g
Sparkling Prosecco - bottle	660	0	0	0	0	-	-	21	-	-	less than 1 g
Cocktails											
LTO! Cranberry Mule	160	0	0	0	0	0	5	17	1	13	0
LTO! Merry Cranberry	210	0	0	0	0	0	15	22	less than 1 g	20	0
LTO! Milan Mai Tai	260	0	0	0	0	0	20	42	1	38	0
Green Apple Moscato (glass)	200	0	0	0	0	0	15	39	0	37	0
Green Apple Moscato (pitcher)	830	0	0	0	0	0	50	161	3	150	2
Berry Sangria (glass)	210	0	0	0	0	0	5	30	0	27	0
Berry Sangria (pitcher)	870	0	0	0	0	0	25	126	3	112	1
Peach Sangria (glass)	230	0	0	0	0	0	5	35	0	32	0

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Peach Sangria (pitcher)	940	0	0	0	0	0	25	143	3	130	1
Frozen Strawberry Margarita	290	0	0	0	0	0	20	52	4	42	0
Frozen Strawberry-Mango Margarita	340	0	0	0	0	0	20	65	4	52	less than 1 g
Frozen Traditional Margarita	290	0	0	0	0	0	25	48	4	39	0
Italian Margarita	300	0	0	0	0	0	15	39	2	33	less than 1 g
Long Island Limoncello	230	0	0	0	0	0	20	31	2	27	0
Mango Martini	180	0	0	0	0	0	25	31	1	28	0
Moscato Citrus Berry Cocktail	200	0	0	0	0	0	45	37	0	31	0
Moscow Mule	170	0	0	0	0	0	5	17	1	15	0
Peach Bellini	240	0	0	0	0	0	0	41	less than 1 g	36	less than 1 g
Raspberry Italian Ice Mule	230	0	0	0	0	0	0	27	0	26	0
Sangarita	230	0	0	0	0	0	10	25	1	21	0
Beer											
Light Draft (16 fl oz)	140	0	0	0	0	0	15	6	0	-	1
Light Draft (22 fl oz)	190	0	0	0	0	0	20	8	0	-	2
Regular Draft (16 fl oz)	230	0	0	0	0	0	5	16	0	14	3
Regular Draft (22 fl oz)	310	0	0	0	0	0	5	22	0	20	4
Angry Orchard, bottle	220	0	0	0	0	0	10	31	0	23	0
Imports & Specialty, bottle	220	0	0	0	0	0	10	31	0	23	0
Light, bottle	100	0	0	0	0	0	10	5	0	-	less than 1 g
Regular, bottle	150	0	0	0	0	0	10	11	0	-	1
Non-Alcoholic, bottle	70	0	0	0	0	0	10	15	-	-	less than 1 g
Non-alcoholic Drinks											
Handcrafted											
Limonata, Blueberry	160	0	0	0	0	0	30	41	0	39	0
Limonata, Kiwi-Melon	160	0	0	0	0	0	35	43	0	39	0
Limonata, Strawberry-Passion Fruit	130	0	0	0	0	0	40	34	0	32	0
Mixed Berry Sparkling Water	30	0	0	0	0	0	55	7	0	6	0
Smoothie, Peach-Mango	180	0	0	0	0	0	20	44	1	34	1
Smoothie, Strawberry-Banana	190	0	0	0	0	0	45	45	3	33	1
Coffee Tea											
LTO! Caramel Apple Butter Latte	210	50	6	3.5	0	20	100	33	0	31	6
LTO! Caramel Apple Butter Iced Coffee	250	60	7	4	0	20	100	41	0	32	7
LTO! Caramel Apple Butter Cappuccino	190	45	5	3	0	15	75	31	0	29	4
Caffé Latte	180	70	7	4	0	30	100	18	less than 1 g	15	11
Caffé Mocha	230	60	7	3.5	0	30	85	34	2	27	10
Cappuccino	140	50	5	2.5	0	25	70	15	less than 1 g	12	9
Cappuccino with whipped cream	150	60	6	3	0	30	70	13	less than 1 g	10	9
Caramel Hazelnut Macchiato	220	20	2.5	1	0	15	30	44	less than 1 g	39	5
Frozen Cappuccino - Caramel	320	100	11	7	0	35	55	54	0	51	3
Frozen Cappuccino - Traditional	370	100	11	7	0	35	55	67	0	63	3
Frozen Cappuccino - Vanilla	320	100	11	7	0	35	55	53	0	50	3
Iced Coffee - Caramel	250	60	7	4	0	20	90	40	0	31	7
Iced Coffee - Traditional	210	60	7	4	0	20	90	29	0	21	7
Iced Coffee - Vanilla	240	60	7	4	0	20	90	38	0	30	7
Lavazza Espresso	60	10	1.5	0	0	15	15	6	less than 1 g	3	5

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coffee	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	5	less than 1 g	0	0	0
Hot Chocolate	360	70	8	4	0	30	105	63	3	52	11
Refreshing Favorites											
Bellini Peach-Raspberry Iced Tea	80	0	0	0	0	0	10	18	0	17	0
Fresh Brewed Iced Tea	0	0	0	0	0	0	10	1	0	0	0
Italian Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Raspberry Lemonade	170	0	0	0	0	0	10	10	0	9	0
Coke	140	0	0	0	0	0	45	39	0	39	0
Coke Zero	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper	150	0	0	0	0	0	50	41	0	41	0
Minute Maid Limeade	180	0	0	0	0	0	25	49	0	47	0
Sprite	140	0	0	0	0	0	65	38	0	38	0
Juice, Apple	210	0	0	0	0	0	65	53	0	53	0
Juice, Cranberry	230	0	0	0	0	0	65	56	0	56	0
Juice, Orange	230	0	0	0	0	0	10	51	0	45	4
Juice, Pineapple	250	0	0.5	0	0	0	10	60	less than 1 g	56	2