



Good Afternoon,  
Welcome To Starbucks



FIND A STORE

SIGN UP

Coffee  
*Discover a drink  
that's made for you.*

Find your favorite Starbucks drinks and its  
nutritional information with this report

FIND YOUR COFFEE



Nutrition Insights



23/02/2025 01:30 PM



Tazo® Chai Tea Latte

Tazo® Full-Leaf Red Tea Latt...

Tazo® Full-Leaf Tea Latte

Tazo® Green Tea Latte

Beverage\_category

- ☐ Classic Espresso Drinks
- ☐ Coffee
- ☐ Frappuccino® Blended Coffee
- ☐ Frappuccino® Blended Crème
- ☐ Frappuccino® Light Blended Coffee
- ☐ Shaken Iced Beverages
- ☐ Signature Espresso Drinks
- ☐ Smoothies
- ☒ Tazo® Tea Drinks

6.81

Avg Protein (g)

0.05

Avg Iron (%DV)

89.90

Avg Carbohydrates (g)

0.04

Avg Saturated Fat



Tazo® Tea Drinks

30.31

Avg Sugar (g)

31.69

Avg Cholesterol (mg)

7.21

Avg Sodium (mg)

2.54

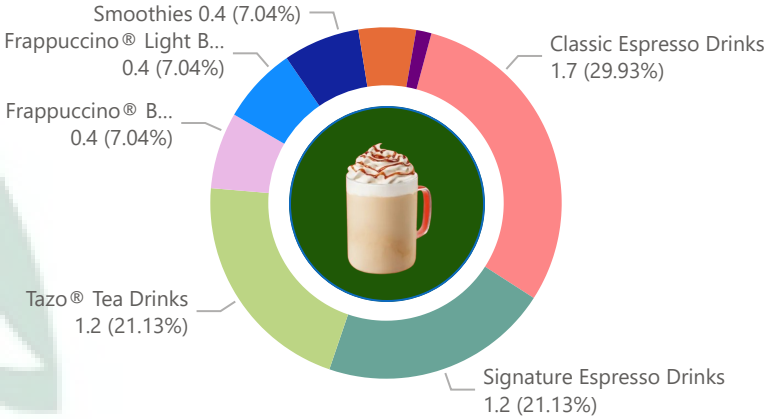
Avg Fat (g)

2% Milk	Doppio	Grande	Grande Nonfat M...	Short	Short Nonfat M...	Solo	Soymilk	Tall	Tall Nonfat Milk	Venti	Venti Nonfat M...	Whole Milk
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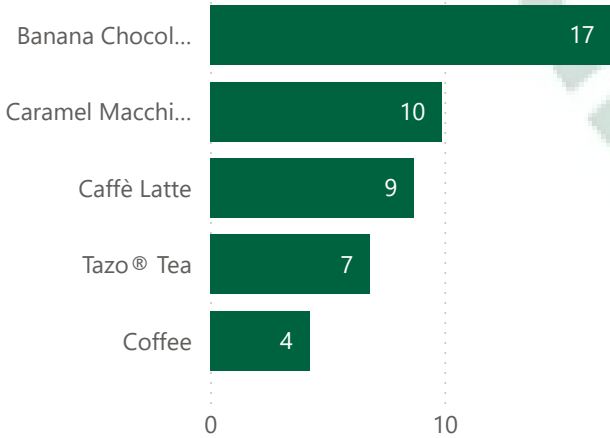
### Calorie's Content (mg)

Average by Preparation Type



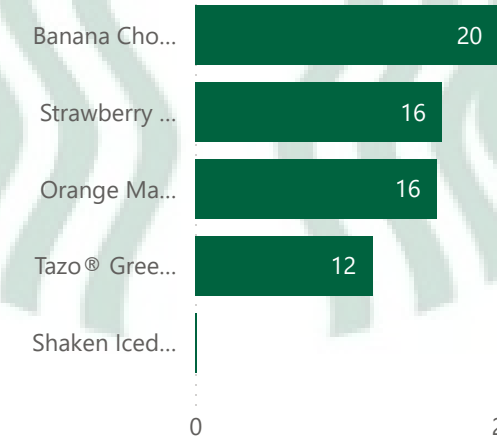
### Best for Caffeine

Caffeine Content by Drink (mg)



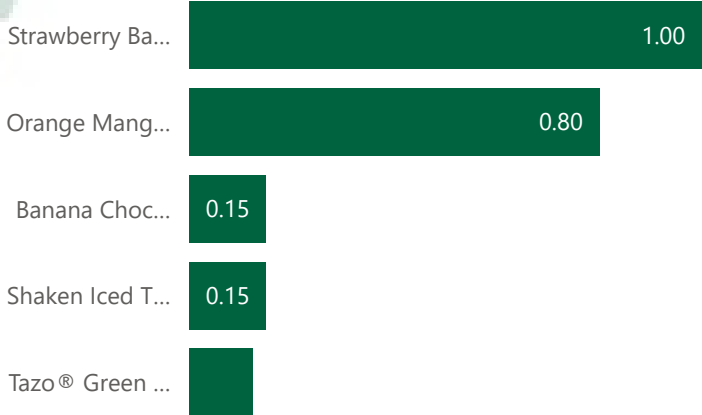
### Best for Protein

Protein Content by Drink (mg)



### Best for Vitamin C Content

Vitamin Content by Drink (%DV)



Beverage_category		Average of Calories	First Caffeine (mg)	Average of Total Carbohydrates (g)	Average of Total Fat (g)	Average of Sugars (g)	Average of Saturated Fat (g)	Average of
Classic Espresso Drinks		140.17	150	104.67	3.13	16.97	0.05	
Caffè Americano		13.75	150	11.25	0.00	0.00	0.00	
Grande		15.00	225	15.00	0.00	0.00	0.00	
Short		5.00	75	5.00	0.00	0.00	0.00	
Tall		10.00	150	10.00	0.00	0.00	0.00	
Venti		25.00	300	15.00	0.00	0.00	0.00	
Caffè Latte		139.17	150	134.58	3.79	12.92	0.07	
2% Milk		170.00	150	152.50	6.38	15.50	0.20	
Grande Nonfat Milk		130.00	150	150.00	0.30	18.00	0.00	
Short Nonfat Milk		70.00	75	75.00	0.10	9.00	0.00	
Soymilk		130.00	150	117.50	4.75	7.25	0.00	
Tall Nonfat Milk		100.00	75	120.00	0.20	14.00	0.00	
Venti Nonfat Milk		170.00	150	190.00	0.40	23.00	0.00	
Caffè Mocha (Without Whipped Cream)		210.00	175	111.25	5.21	27.83	0.05	
Cappuccino		90.00	150	85.00	2.47	8.08	0.04	
Total		193.87		128.88	2.90	32.96	0.04	

