



Starbucks

Dashboard

Menu

Products

Beverage Prep

Top 5 Beverage

Basic Nutrients

Minerals & Vitamins

All Fats

Modes of Payments



WWW.STARBUCKS.IN

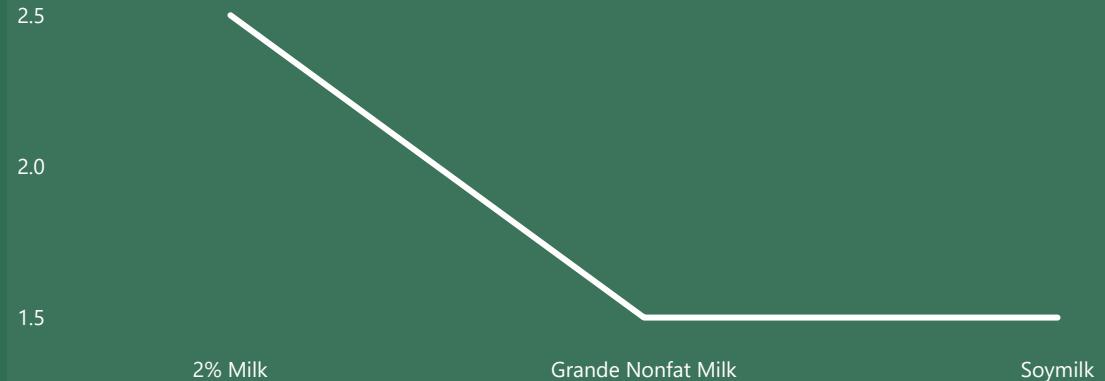
Beverage
Banana Chocolate S...
▼

Banana Chocolate Smoothie

870	12.00	0.60	99	21	30	59.00
Calories	Fat (g)	Calcium	Sugars (g)	Fibre (g)	Caffeine	Protein (g)

Banana Chocolate Smoothie recipe is made with frozen bananas, cocoa powder, pure vanilla extract, oat milk and a couple of dates for added sweetness.

Trans Fat(g) by Beverage_prep



Select Your Cup Size



Short

Tall

Grande

Venti



Find your perfect Starbuck Drinks & it's nutritional information with this report, enter your own details to determine how many drinks could have per day based on your Basal & Active metabolic rates.





Starbuck Beverage Analysis

-Beverage Category & Beverage

33

Count of Beverage

9

Count of Beverage Category



Beverage	Caffeine (mg)	Sugars (g)	Protein (g)
Banana Chocolate Smoothie		34	20.00
Banana Chocolate Smoothie	15	65	39.00
Brewed Coffee	175	0	0.30
Brewed Coffee	260	0	0.50
Brewed Coffee	330	0	1.00
Brewed Coffee	410	0	1.00
Caffè Americano	75	0	0.40
Caffè Americano	150	0	1.00
Caffè Americano	225	0	1.00
Caffè Americano	300	0	1.00
Caffè Latte	75	56	45.00
Caffè Latte	150	99	80.00
Caffè Mocha (Without Whipped Cream)	85	47	19.00
Caffè Mocha (Without Whipped Cream)	95	73	29.00
Caffè Mocha (Without Whipped Cream)	175	94	37.00
Caffè Mocha (Without Whipped Cream)	180	120	48.00
Cappuccino	75	37	30.00
Cappuccino	150	60	52.00
Caramel	65	23	3.00
Caramel	90	32	3.00
Caramel	120	43	5.00
Caramel (Without Whipped Cream)	70	121	8.00



Starbuck Beverage Analysis

-Beverage Preparation

Beverage

Classic Espresso Drinks

Coffee

Frappuccino® Blended...

Frappuccino® Blended...

Frappuccino® Light...

Shaken Iced Beverages

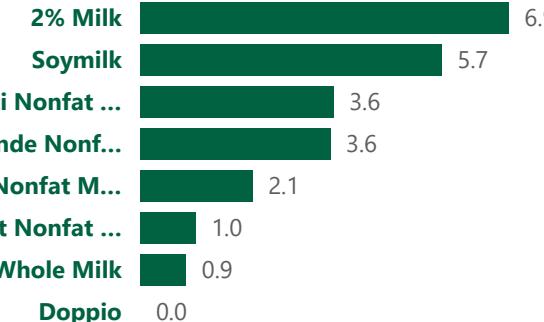
Signature Espresso Drinks

Smoothies

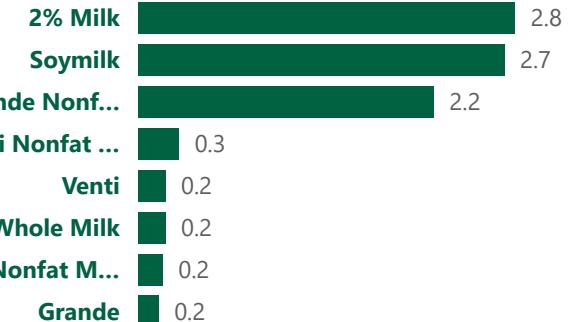
Tazo® Tea Drinks

Beverage_prep	Caffeine (mg)	Protein (g)	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Calories	Cholesterol (mg)	Sugars (g)	\Dietary Fibre (g)
Doppio	150	1.00	0.00	0.00	0.00	10	2	0	0
Grande	720	2.40	0.20	0.00	0.00	600	148	140	0
Grande Nonfat Milk	2155	229.00	29.50	19.40	0.00	5450	1109	1004	31
Short	250	0.70	0.10	0.00	0.00	148	36	33	0
Short Nonfat Milk	620	69.00	7.90	5.30	0.00	1190	221	204	2
Solo	75	0.40	0.00	0.00	0.00	5	1	0	0
Soymilk	5120	470.00	265.00	66.40	0.00	13680	2398	2102	99
Tall	700	1.80	0.10	0.00	0.00	444	110	103	0
Tall Nonfat Milk	1330	137.00	18.70	12.00	0.00	3400	689	656	7
Venti	945	2.50	0.20	0.00	0.00	830	204	194	0
Venti Nonfat Milk	2510	227.00	29.10	22.20	0.00	5720	1164	1101	12
Whole Milk	1245	67.00	73.00	45.00	1.90	4540	923	891	8
2% Milk	3785	481.00	276.00	146.00	7.20	10900	1705	1549	36

Vitamin A (% DV) by Beverage_prep



Vitamin C (% DV) by Beverage_prep



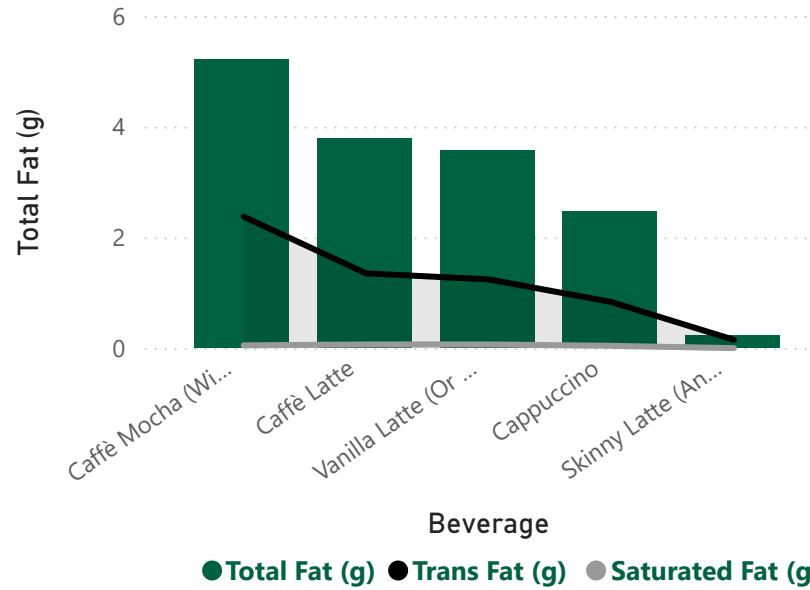


Starbuck Beverage Analysis

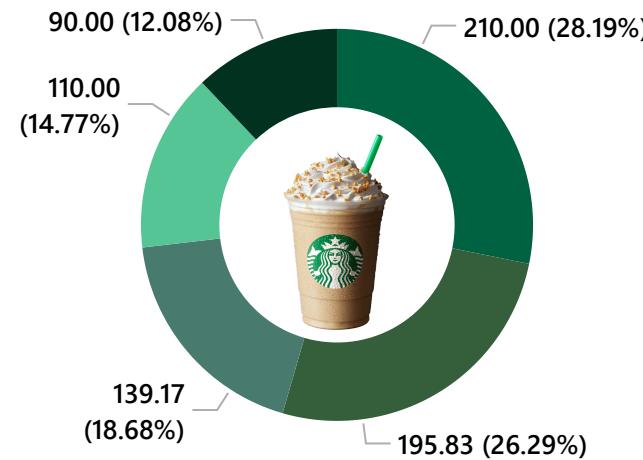
Top 5 Beverage

Beverage Category
Classic Espresso Drinks

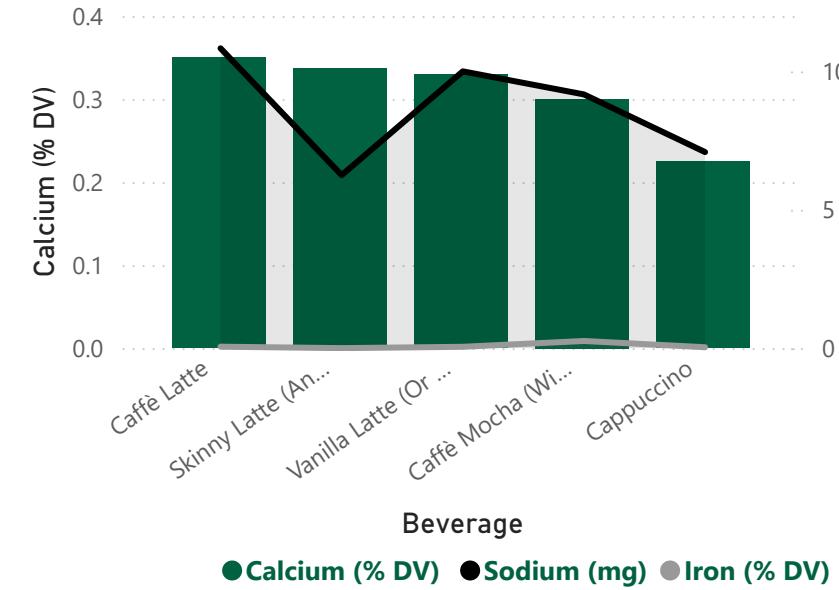
Avg. Fats by Beverage



Calories by Beverage



Avg. Minerals by Beverage



Avg. Caffeine (mg) by Beverage

Caffè Americ...	187.50
Caffè Mocha ...	133.75
Caffè Latte	112.50
Cappuccino	112.50
Vanilla Latte (...)	112.50

Avg. Sugars(g) by Beverage

Vanilla Latte (...)	28.33
Caffè Mocha ...	27.83
Skinny Latte (...)	14.50
Caffè Latte	12.92
Cappuccino	8.08

Avg. Protein(g) by Beverage

Caffè Mocha ...	11
Skinny Latte ...	11
Caffè Latte	10
Vanilla Latte (...)	10
Cappuccino	7

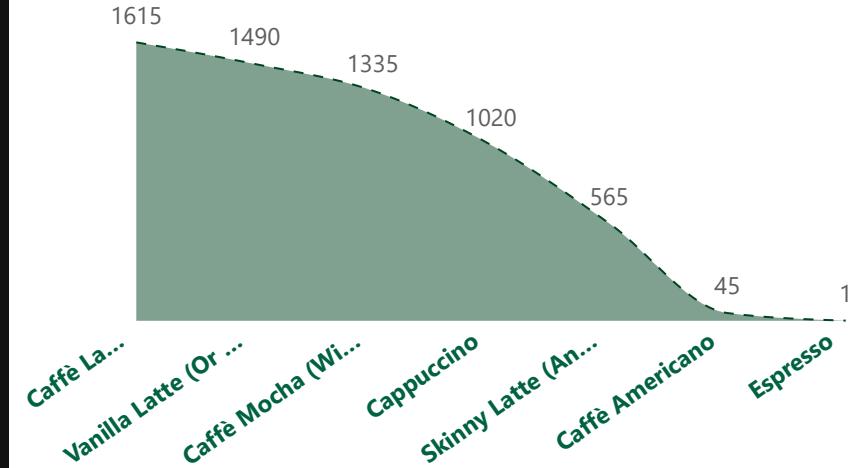


Starbuck Beverage Analysis

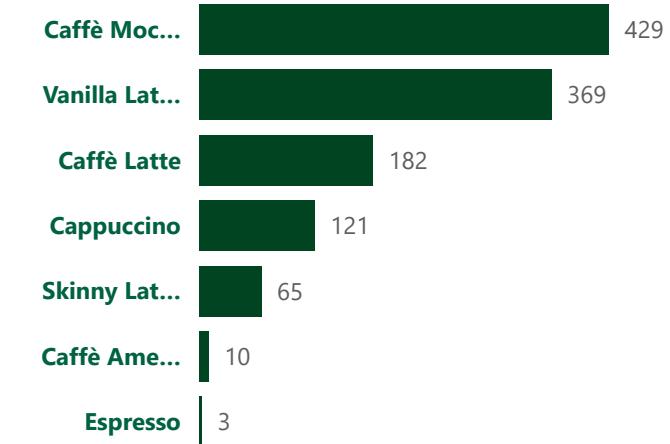
-Basic Nutrients

Beverage Category
Classic Espresso Drinks

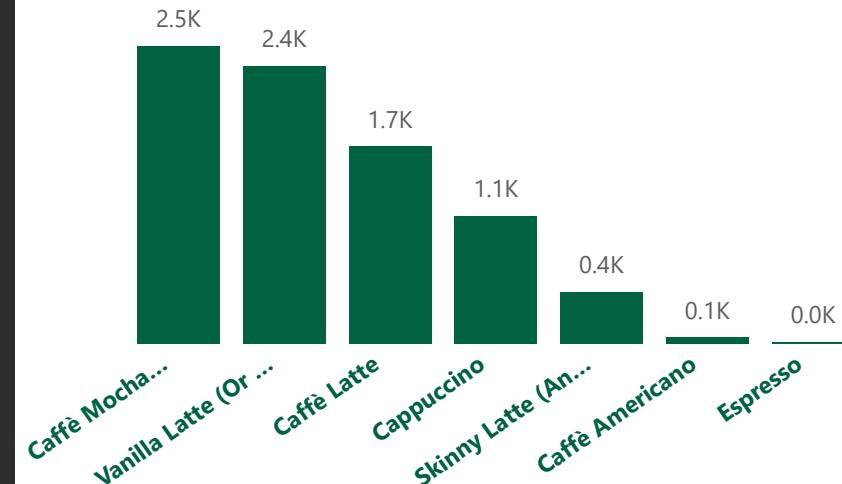
Carbohydrates (g) by Beverage



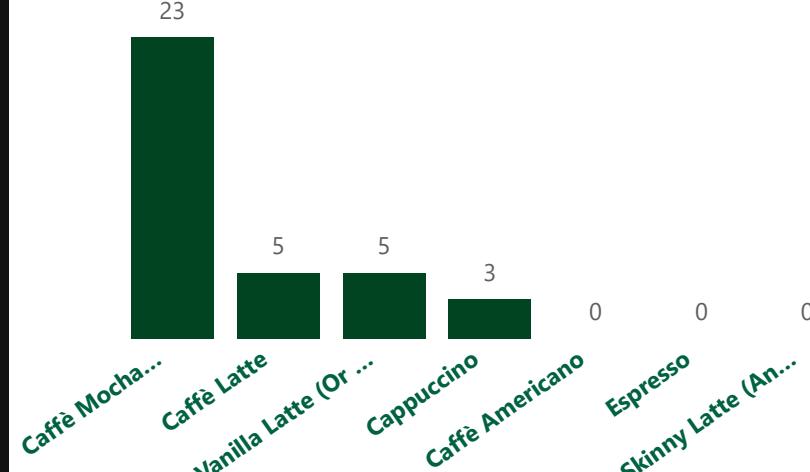
Cholesterol (mg) by Beverage



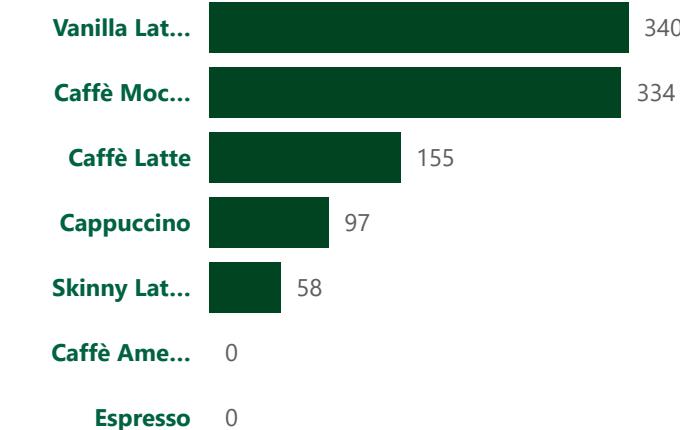
Calories by Beverage



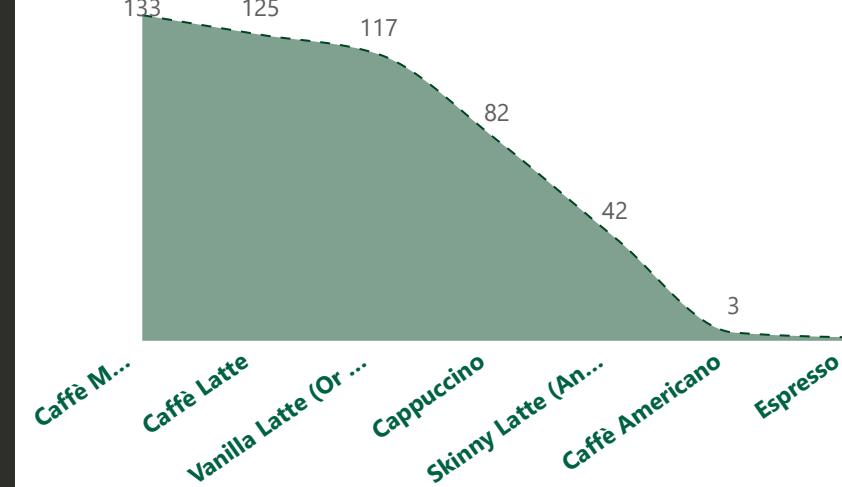
Dietary Fibre (g) by Beverage



Sugars (g) by Beverage



Sum of Protein (g) by Beverage



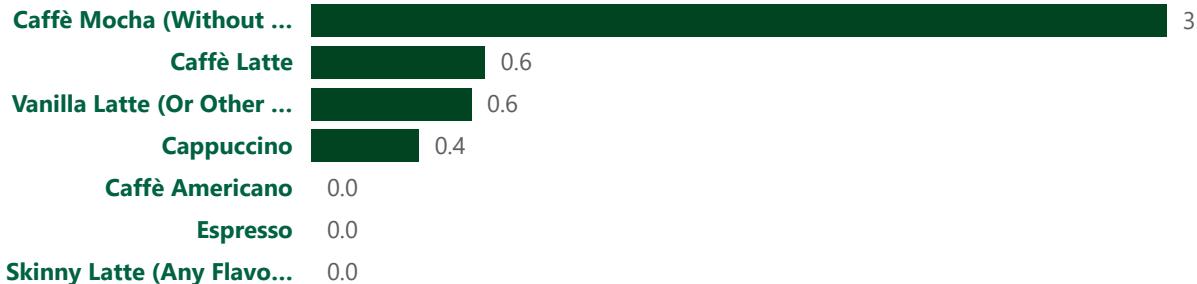


Starbuck Beverage Analysis

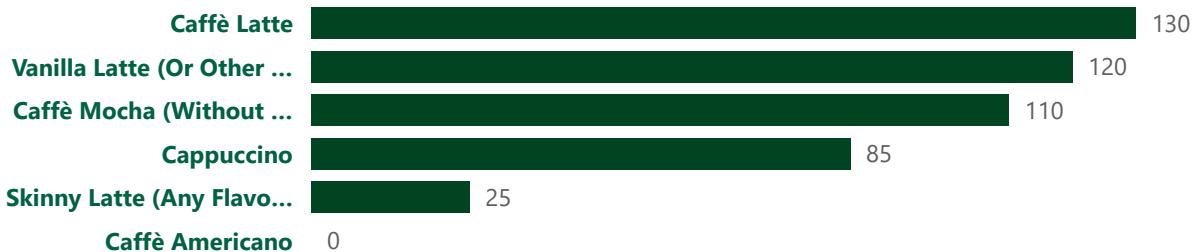
-Minerals & Vitamin

Beverage Category
Classic Espresso Drinks

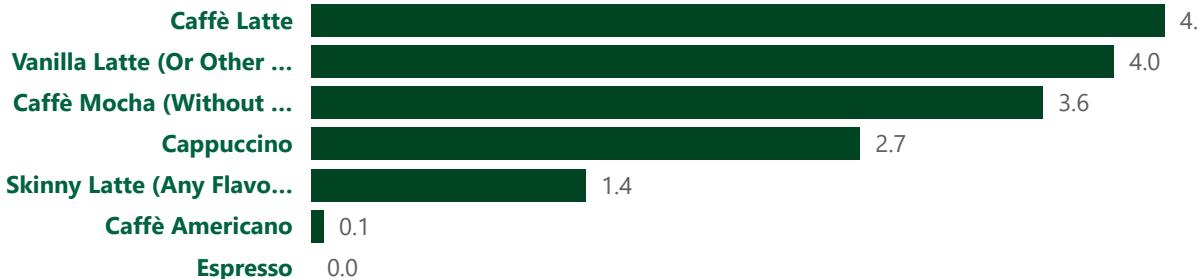
Iron (% DV) by Beverage



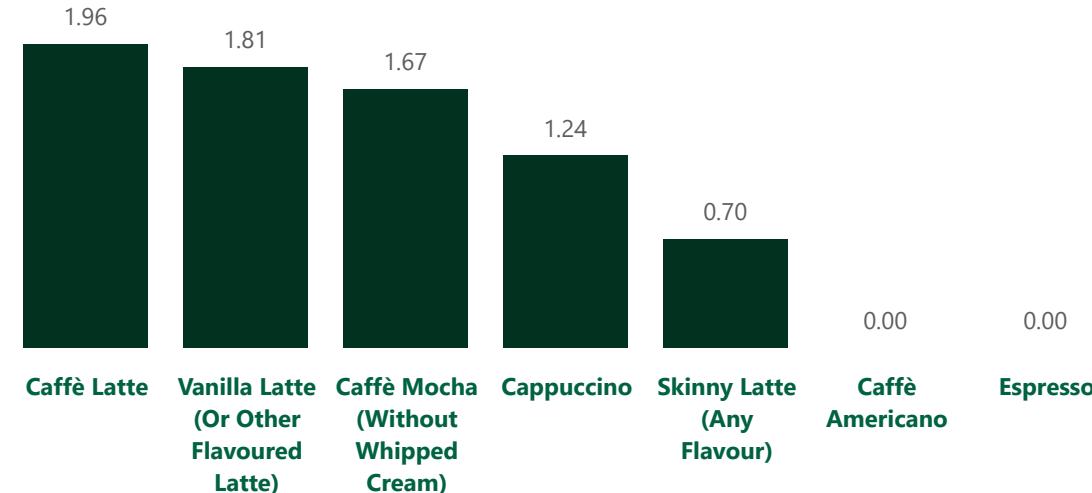
Sodium (mg) by Beverage



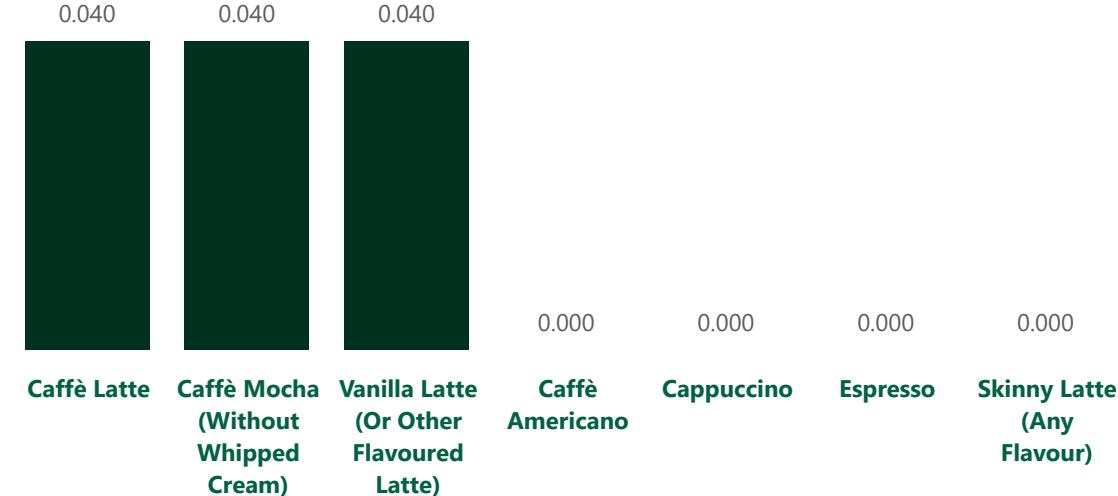
Calcium (% DV) by Beverage



Vitamin A (% DV) by Beverage



Vitamin C (% DV) by Beverage





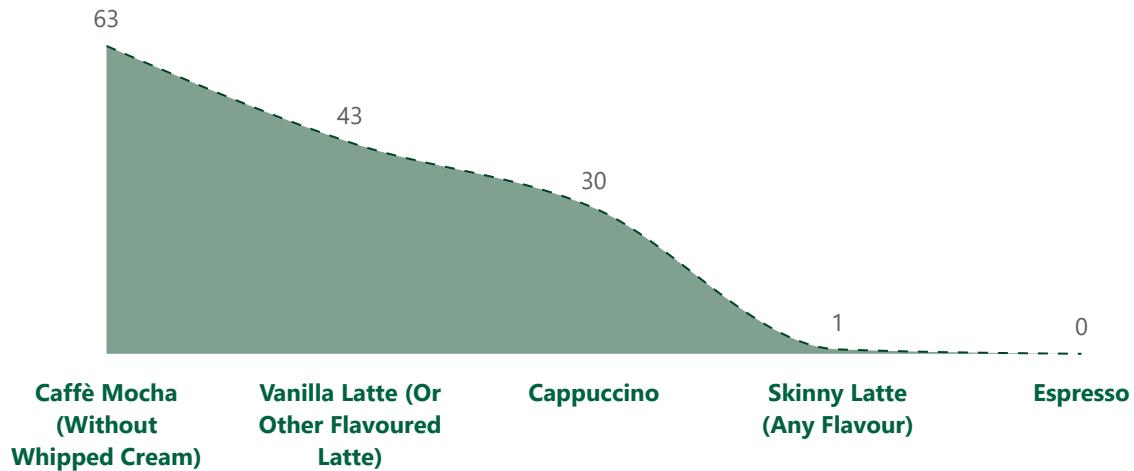
Starbuck Beverage Analysis

-Fat, Saturated Fat, Trans Fat

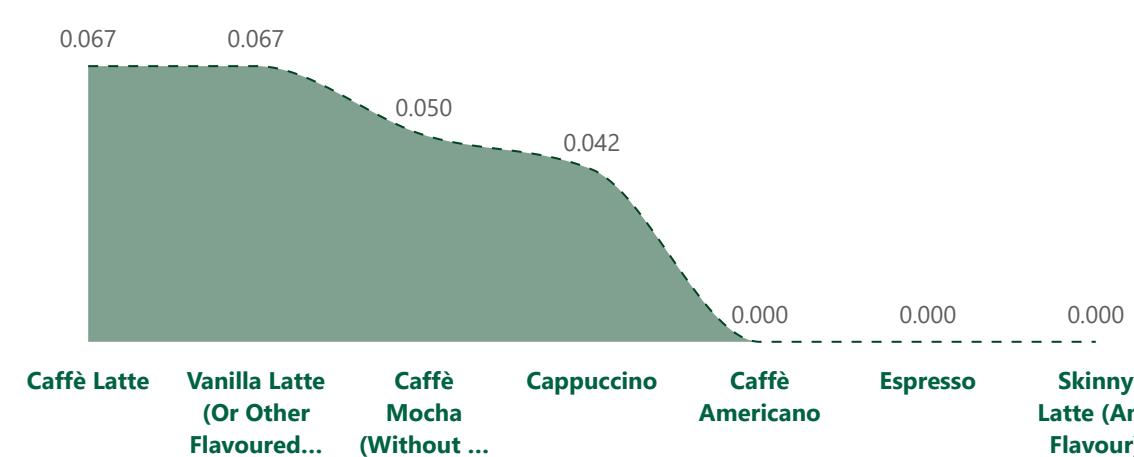
Beverage Category

Classic Espresso Drinks

Fat (g) by Beverage

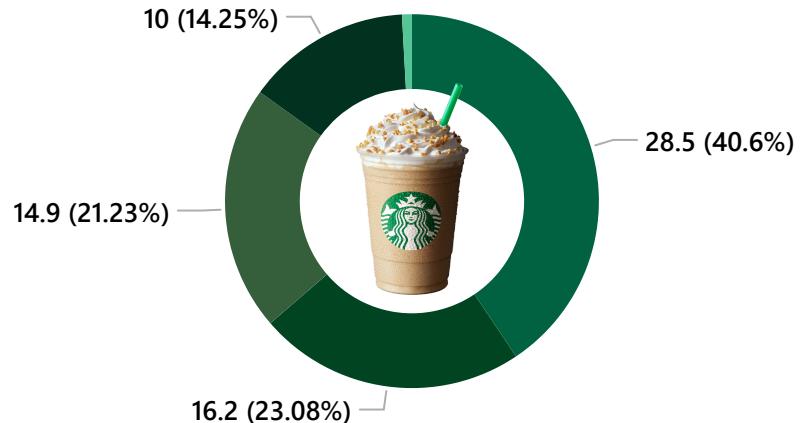


Saturated Fat (g) by Beverage



Avoid Bad Fats

Trans Fat (g) by Beverage



- Caffè Mocha (With Whipped Cream)
- Caffè Latte
- Vanilla Latte (Or Other Flavoured Latte)
- Cappuccino
- Skinny Latte (Any Flavour)

Trans fat is considered the worst type of fat to eat. Unlike other dietary fats, trans fats — also called trans-fatty acids — raise "bad" cholesterol and also lowers "good" cholesterol.

Trans fats are so unhealthy that the U.S. Food and Drug Administration (FDA) has prohibited food manufacturers from adding the major source of artificial trans fats to foods and beverages. Several countries and several cities in the United States have limited or banned the use of trans fats.