

## Tufts University Kindlevan Café – Complete Nutrition Data

Item	Calories	Carbs (g)	Protein (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Fiber (g)	Sodium (mg)	Cholesterol (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Americano Coffee (12 oz)	34	4	1	2.1	1.1	3	1	2	1	0	7.1	0.1
Cafe Latte (12 oz)	170	23	14	3	1.7	22	1	197	8	631	483	0.3
Cappuccino (12 oz)	170	23	14	3	1.7	22	1	197	8	631	483	0.3
Caramel Macchiato Coffee (12 oz)	282	47	15	4.6	2.7	45	1	253	8	631	487	0.3
Espresso Coffee (1 oz)	8	1	0	0.5	0.3	1	1	1	0	0	2.7	0
Espresso Shot (1 oz)	34	4	1	2.1	1.1	3	4	2	1	0	7.1	0.1
Hot Chocolate (1 oz)	24	5	0	0.2	0.1	5	5	5	0	1	1.9	0
Iced Chai Tea Latte (1 oz)	18	3	0	0.5	0.3	3	0	7	2	20	17.4	0
Iced Matcha Latte (1 oz)	11	1	1	0.1	0	1	0	16	1	51	38.2	0
Matcha Latte (1 oz)	11	1	1	0.1	0	1	0	16	1	51	38.2	0
Mocha Coffee (1 oz)	24	4	1	0.3	0.2	4	0	17	1	52	39.7	0
Vanilla Latte Coffee (1 oz)	14	2	1	0.2	0.1	2	0	16	1	52	39.8	0
Blueberry Muffin (1 each)	510	76	8	19	3.5	46	2	540	110	90	42	1
Butter Croissant (1 each)	260	43	7	6	3.5	5	1	380	15	0	10	0.1
Chocolate Chip Muffin (1 each)	580	83	9	25	8	53	2	520	115	170	47	1
Chocolate Chunk Cookie (1 each)	500	65	7	23	9	37	3	430	35	40	10	0.3
Chocolate Croissant (1 each)	317	53	8	8	4.5	6	2	456	15	0	19.8	0.1
Coffee Cake Muffin (1 each)	570	81	8	24	7	49	2	550	105	90	59	1
Cranberry Muffin (1 each)	500	74	8	19	4	46	1	530	115	120	60	1
Double Chocolate Chunk Cookie (1 each)	480	65	7	20	8	39	26	510	35	120	20	1.4
M&M Cookie (1 each)	490	69	6	20	6	33	1	340	30	110	40	2.6
Oatmeal Raisin Cookie (1 each)	440	72	7	14	4	39	3	370	30	340	40	1.4

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Sugar Cookie (1 each)	490	72	5	21	10	35	1	260	45	50	10	2