

Ratings Mall foods

	Size	Calories	Fat (g)	Sodium (mg)	Sugars (g)	Fiber (g)
Dunkin' Donuts						
Blueberry muffin	1 muffin	460	15	450	44	2
Reduced-fat blueberry muffin	1 muffin	410	10	620	40	2
Chocolate glazed cake doughnut	1 donut	370	24	390	17	1
Chocolate glazed cake Munchkin	1 munchkin	70	3.5	85	4	0
Frozen coffee Coolatta with cream	small (16 oz.)	460	27	75	47	0
Iced Caramel Swirl latte with milk	small (16 oz.)	230	6	110	37	0
Iced caramel latte lite	small (16 oz.)	80	0	90	10	0
Strawberry Coolatta	small (16 oz.)	230	0	35	57	0
Dunkaccino	medium (14 oz.)	350	16	320	38	1
Yogen Früz						
Userve low-fat vanilla	4 oz.	110	2	72	19	0
Blueberry Breeze smoothie	16 oz.	240	0	50	46	2
Userve Very Berry sorbet	4 oz.	120	0	0	21	0
Blueberries, raw*	¼ cup	21	0	0	4	1
Strawberries, raw*	¼ cup	13	0	0	2	1
Bananas, raw*	¼ cup	33	0	0	5	1
Reese's Peanut Butter Cup candies (miniature)*	28 g (1 oz.)	144	9	100	13	1
M&M's milk chocolate*	28 g (1 oz.)	137	6	17	18	0
Dry roasted peanuts without salt*	28 g (1 oz.)	166	14	2	1	2
Dry roasted almonds without salt*	28 g (1 oz.)	169	15	1	1	3
*Nutrition information from USDA website as of August 2013.						
Starbucks						
Banana walnut bread	1 slice (121 g)	490	19	210	46	4
Chewy chocolate meringue cookie	1 cookie (45 g)	160	4.5	110	26	1
Cranberry orange scone	1 scone (120 g)	490	18	460	34	2
Iced lemon pound cake	1 slice (127 g)	500	23	170	46	<1
Petite vanilla bean scone	1 scone (30 g)	120	4.5	75	9	0
Zucchini walnut muffin	1 muffin (123 g)	490	28	480	28	2
Java Chip Frappuccino blended beverage (whole milk & whipped cream)	Grande (16 oz.)	460	18	0	66	2
Java Chip Frappuccino light blended beverage (nonfat milk)	Grande (16 oz.)	200	4	0	36	2
Iced Caffè Mocha (whole milk & whipped cream)	Grande (16 oz.)	330	19	0	30	2
Iced Skinny Mocha (nonfat milk)	Grande (16 oz.)	100	1.5	90	8	4
Caffè Mocha (whole milk & whipped cream)	Grande (16 oz.)	370	19	135	35	2
Auntie Anne's Pretzels						
Cinnamon sugar pretzel (original)	1 pretzel	470	12	400	29	2
Pepperoni pretzel (original)	1 pretzel	480	16	860	10	2
Original pretzel	1 pretzel	340	5	990	10	2
Original pretzel (no butter)	1 pretzel	310	1	990	10	2
Original pretzel (no butter or salt)	1 pretzel	310	1	400	10	2
Original pretzel (no salt)	1 pretzel	340	5	400	10	2
Jumbo pretzel dog (original)	1 pretzel dog	610	29	1,150	10	2
Mini pretzel dogs (original)	8 count	510	29	1,060	6	1
Melted cheese dip	2 oz.	150	12	850	4	0
Sweet mustard dip	1.25 oz.	60	2	0	9	0
Old-fashioned lemonade	16 oz.	200	0	10	47	0
Lemonade smoothie	14 oz.	300	10	120	47	0
Cinnabon						
Cinnabon classic	1 roll	880	36	830	59	2
Minibon roll	1 roll	350	14	330	24	1
Frosting cup	1.7 oz.	180	11	105	19	0
Mochalatta Chill	16 oz.	420	17	290	58	1
Strawberry banana Chillatta	16 oz.	520	8	75	101	0

Wetzel's Pretzels						
Original (buttered)	1 pretzel	475	6.5	990	NA	NA
Original (non-buttered)	1 pretzel	430	2	600	NA	NA
Pepperoni Twist	1 pretzel	630	19	1,400	NA	NA
Doc Popcorn						
Caramel kettle	1 cup	130	5	25	13	1
Better butter	1 cup	60	3.5	90	0	1
Jamba Juice						
Banana berry classic smoothie	16 oz.	290	1	65	60	3
Light banana berry smoothie	16 oz.	170	0	125	32	3
All-fruit strawberry whirl smoothie	16 oz.	220	0	20	46	4
Orange berry antioxidant juice blend	16 oz.	210	1	0	37	5
Cold Stone Creamery						
Apple dumpling dessert	396 g	1,050	49	870	83	4
Hot fudge sundae	316 g	900	54	370	86	5
Signature Creations Founder's Favorite	Like It (211 g)	570	35	250	62	10
Vanilla frozen yogurt	Like It (142 g)	170	0	150	31	0
Vanilla bean ice cream	Like It (142 g)	330	19	75	28	0
Vanilla bean ice cream	Gotta Have It (340 g)	790	46	180	67	0
Banana strawberry smoothie	16 oz.	250	3.5	135	37	4
Nestlé Toll House Café						
Strawberry banana smoothie	16 oz.	210	2	68	44	<1
Nestlé Toll House cookies	1 cookie (56 g)	250	13	250	20	<1
Chocolate chip cookie cup	1 cookie cup	395	20	265	38	<1
Mini chocolate chip cookies	1 cookie (14 g)	63	3	63	5	<1
Café mocha	16 oz.	438	9	385	81	1
Iced latte	16 oz.	150	5	150	20	0
Frozen Toll House cookie mocha	16 oz.	400	18	400	40	<1