

# Nutrition Facts

Chai Tea Latte 16oz

## Amount Per Serving

**Calories** 220

Calories from Fat 45

**% Daily Value\***

**Total Fat** 5g **8%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 160mg **7%**

**Total Carbohydrates** 35g **12%**

Dietary Fiber 0g **0%**

Sugars 31g

**Protein** 8g

Vitamin A **4%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.