

Rita's Nutrition Information - MISTO®

Vanilla Misto® --REGULAR (15 1/2 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	420-660	390-730	280-390
calories from fat	70-140	110-140	70-80
total fat (in grams (g))	8-16	12-15	8-9
saturated fat (in grams (g))	5-6	9-11	5
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	45	45-60	45
sodium (in milligrams (mg))	125-200	170-340	130-200
total carbohydrates (in grams (g))	87-127	68-149	63-101
dietary fiber (in grams (g))	0-4	0-3	0-2
sugars (in grams (g))	76-115	60-136	13
total protein (in grams (g))	3-6	3-6	3-4

Chocolate Misto® -- REGULAR (15 1/2 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	430-670	400-730	290-400
calories from fat	60-140	100-130	60-70
total fat	7-15	11-15	7-8
saturated fat	4.5-6	8-10	4.5
trans fat	0	0	0
cholesterol	40-50	40-55	40
sodium	105-190	160-320	110-180
total carbohydrates	90-130	71-152	66-104
dietary fiber	0-4	0-3	0-2
sugars	78-118	62-138	15
protein	3-6	3-6	3-4

Vanilla Misto® --LARGE (23 1/4 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	610-980	570-1090	400-570
calories from fat	90-210	150-190	90-100
total fat	10-23	16-22	10-11
saturated fat	6-9	12-15	6-7
trans fat	0	0	0
cholesterol	60	60-80	60
sodium	170-290	240-490	170-280
total carbohydrates	130-191	101-226	93-152
dietary fiber	0-5	0-4	0-3
sugars	113-175	90-205	17
protein	4-9	4-8	4-6

Chocolate Misto® -- LARGE (23 1/4 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	620-990	580-1090	410-580
calories from fat	80-200	140-190	80-90
total fat	9-22	15-21	9-10
saturated fat	5-8	11-14	6
trans fat	0	0	0
cholesterol	50	50-70	50
sodium	140-270	220-470	150-260
total carbohydrates	134-195	105-229	97-156
dietary fiber	0-5	0-4	0-3
sugars	116-177	92-208	20
protein	4-9	4-8	4-6

Feature Misto®	Regular (15 1/2 oz)	Large (23 1/4 oz)
calories	420-730	610-1090
calories from fat	60-140	80-200
total fat	7-15	9-22
saturated fat	4.5-10	6-15
trans fat	0	0
cholesterol	40-50	50-65
sodium	105-340	140-490
total carbohydrates	88-152	132-229
dietary fiber	0-4	0-4
sugars	76-138	113-208
protein	3-6	4-9

This nutrition information is based on standard recipes and product formulations, however, variations may occur due to difference in preparation, serving size, ingredients, and special orders. Current recommendations are to limit total saturated fat intake to 20g per day and to limit sodium intake to less than 2400mg per day for a 2000-calorie-per-day diet. A 2000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs, however, may vary.