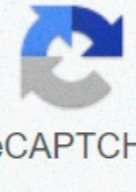


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There are 440 calories in a Mini Oreo Sonic Blast from Sonic. Most of these calories come from fat (45%) carbohydrates (49%). ContainsNo * UnknownAllergy Info: a Sonic Oreo Sonic Blast contains gluten, milk, soy and wheat. a Sonic Oreo Sonic Blast does not contain eggs, fish, MSG, peanuts, shellfish or nuts.** Please note that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment to prepare food. . Oreos cookies: Sonic47%62gFruits48%28gFat5%6gProteinHow does this food fit your daily goals? Activity needed to burn: 517 calories1.3Hours of cycling 52Minutes of running 3.1Hours cleaning Sonic49%54gCarp45%22gFat5%6gProteinHow does this food fit your daily goals? Activity needed to burn: 440 calories1.1Hours of cycling 45Minutes of running 2.7Hours of cleaning Main information: Sonic Blast with Oreo Cookie Tracks, Mini SONIC BLAST - OREO SONIC BLAST MINI, Sonic 1 Serving 440.0 calories 54 grams carbohydrates 22 grams fat 6 grams protein 1 grams fiber 55.0 mg cholesterol 12 grams saturated fat 340.0 mg sodium 34 grams sugar 0.5 grams trans fat serving dietary facts For a serving Size (g) How many calories are in Sonic Blast with oreo cookie pieces, mini? Amount of calories in Sonic Blast with Oreo Cookie Pieces, Mini: Calories Calories from Fat (%) % Daily Value * How Much Fat Is in Sonic Blast with Oreo Cookie Pieces, Mini; Amount of Fat in Sonic Blast with Oreo Cookie Pieces, Mini: Total Fat How Much Saturated Fat Is in Sonic Blast with Oreo Cookie Pieces, Mini; Amount of Saturated Fat in Sonic Blast with Oreo Cookie Pieces , Mini: Saturated Fat How Much Trans Fat Is in Sonic Blast With Oreo Cookie Pieces, Mini? Amount of Trans Fat in Sonic Blast with Oreo Cookie Pieces, Mini: Trans Fat How Much Cholesterol Is in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of Cholesterol in Sonic Blast with Oreo Cookie Pieces, Mini: Cholesterol How Much Sodium Is in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of sodium in Sonic Blast with Oreo Cookie Pieces, Mini: Sodium How many carbohydrates are in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of carbohydrates in Sonic Blast with Oreo Cookie Pieces, Mini: Carbohydrates How many pure carbohydrates are in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of Pure Carbohydrates in Sonic Blast with Oreo Cookie Pieces, Mini: Pure Carbohydrates How Much Sugar Is in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of Sugar in Sonic Blast with Oreo Cookie Pieces, Mini: Sugar How Much Fiber Is in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of fiber in Sonic Blast with Oreo Pieces, Mini: Fiber How much protein is in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of Protein in Sonic Blast with Oreo Cookie Pieces, Mini: Protein Vitamins and Minerals How Much Vitamin A Is in Sonic Blast with Oreo Cookie Pieces, Mini? Mini; Vitamin A in Sonic Blast with Oreo Cookie Pieces, Mini: Vitamin A How Much Vitamin C Is in Sonic Blast with Oreo Cookie Tracks, Mini: Vitamin C How Much Calcium Is in Sonic Blast with Oreo Cookie Pieces, Mini? Amount of calcium in sonic explosion with Oreo cookie pieces, mini: calcium How much iron is in sonic explosion with oreo cookie pieces, mini? Amount of iron in Sonic Blast with Oreo Cookie Pieces, Mini: Iron Fatty Acids Amino Acids * The percentage daily values are based on a 2,000 calorie diet so that your values can change depending on your calorie needs. Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a small referral bonus. If you click them, thank you! SonicSonic BlastOreo Sonic Blast Sonic Oreo Sonic Blasts contain between 440-1300 calories, depending on your choice of sizes. Choose from the following sizes to see the full nutritional elements, ingredients and allergen information. Updated: 8/5/2020 Serving Size: 1 serving Calories 559.0 Total fat 0.0 g Saturated fat 0.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Cholesterol 0.0 mg Sodium 0.0 mg Potassium 0.0 mg Total carbohydrates 0.0 g Dietary fibre 0.0 g Sugars 0.0 g Protein 0.0 g Protein 0.0 g 0.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 . 0 % Pantothenic acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamine 0.0 % Zinc 0.0 % *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Indicate that they contain personal information Some of these foods have been imported by users and are subject to an error. Sonic Oreo Blast - Regular (1 serving)Calories: 638, Fat: 27g, Carbs: 51g, Protein: 11g Show full nutrition information Nutrition Facts Calories in Sonic Oreo Blast - Regular Serving Size: 1 serving Amount Per Serving Calories 638.0 Total Fat 27.0 g Saturated Fat 21.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Cholesterol 45.0 mg Sodium 602.0 mg Potassium 0.0 mg Total Carbohydrate 51.0 g Dietary Fiber 1.0 g Sugars 56.0 g Protein 11.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamin 0.0 % Zinc 0.0 % Sonic Oreo Blast - Regular (1 serving)Calories : 638, Fat: 27g, Carbohydrates: 51g, Protein: 11g Appearance Nutrition Information Nutrition Facts Calories in Sonic Oreo Blast - Normal Serving Size: 1 Serving Amount Per Serving Calories 638.0 Total Fat 27.0 g Saturated Fat 21.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Monounsaturated Fat 0.0 g 0.0 g Monounsaturated Fat 0.0 g 0.0 g Self-defended Fat 0.0 g Monocacute Fat 0.0 g Monounsaturated Fat 0.0 g Monounsaturated Fat 45.0 mg Sodium 602.0 mg Potassium 0.0 mg Total Carbohydrate 51.0 g Dietary Fiber 1.0 g Sugars 56.0 g Protein 11.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamin 0.0 % Zinc 0.0 % Sonic Oreo Blast (1 serving)Calories: 638, Fat: 27g, Carbs: 57g, Protein: 11g Show full nutrition information Nutrition Facts Calories in Sonic Oreo Blast Serving Size: 1 serving Amount Per Serving Calories 638.0 Total Fat 27.0 g Saturated Fat 21.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Cholesterol 45.0 mg Sodium 602.0 mg Potassium 0.0 mg Total Carbohydrate 57.0 g Dietary Fiber 1.0 g Sugars 56.0 g Protein 11.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamin 0.0 % Zinc 0.0 % Sonic Oreo Blast (1 serving)Calories: 638, Fat: 27g, Carbs: 57g, Protein: 11g Show full nutrition information Nutrition Facts Calories in Sonic Oreo Blast Serving Size: 1 serving Amount Per Serving Calories 638.0 Total Fat 27.0 g Saturated Fat 21.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Cholesterol 45.0 mg Sodium 602.0 mg Potassium 0.0 mg Total Carbohydrate 57.0 g Dietary Fiber 1.0 g Sugars 56.0 g Protein 11.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamine 0.0 % Zinc 0.0 % Sonic Oreo Blast Normal (1 serving)Calories : 638, Fat: 27g, Carbohydrates: 57g, Protein: 11g Show Full Nutritional Information Nutrition Facts Sonic Oreo Calories Blast Normal serving size: 1 serving Amount per serving Calories 638.0 Total fat 27.0 g Saturated fat 21.0 g Polyunsaturated Fat 0.0 g Fat 0.0 g Cholesterol 45.0 mg Sodium 602.0 mg Cal 0.0 mg Total carbohydrates 57.0 g Dietary fibre 1.0 g Sugars 56.0 g Protein 11.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamine 0.0 % Zinc 0.0 % Sonic Oreo Blast Normal (1 serving)Calories : 638, Fat: 27g, Carbohydrates: 57g, Protein: 11g Show Full Diet Information Nutrition Facts Calories in Sonic Oreo Blast , Reg Serving Size: 1 serving Amount per serving Calories 638.0 Total Fat 27.0 g Saturated fat 21.0 g Polyunsaturated fat 0.0 g monounsaturated Fat 0.0 g Cholesterol 45.0 mg Sodium 602.0 mg Potassium 0.0 mg Total carbohydrates 57.0 g Dietary fibre 1.0 g Sugars 56.0 g Protein 11.0 g Vitamin A 0.0 % Vitamin B-12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folic Acid 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamine 0.0 % Zinc 0.0 % Sonic Oreo Blast (14 Oz. Small) (1 serving)Calories: 660, Fat: 28g, Carbohydrates: 94g, Protein: 8g Show Full Diet Information Nutrition Facts Calories in Sonic Oreo Blast (14 Oz. Small) Portion Size: 1 Serving Amount Per Serving Calories 660.0 Total Fat 28.0 g Saturated Fat 0.0 g Polyunsaturated Fat 0.0 g Monounsaturated Fat 0.0 g Cholesterol 0.0 mg Sodium 220.0 mg Potassium 0.0 mg Total carbohydrates 94.0 g Dietary fibre 1.0 g Sugars 0.0 g Protein 8.0 g Vitamin A 0.0 % Vitamin B- 12 0.0 % Vitamin B-6 0.0 % Vitamin C 0.0 % Vitamin D 0.0 % Vitamin E 0.0 % Calcium 0.0 % Copper 0.0 % Folate 0.0 % Iron 0.0 % Magnesium 0.0 % Manganese 0.0 % Niacin 0.0 % Pantothenic Acid 0.0 % Phosphorus 0.0 % Riboflavin 0.0 % Selenium 0.0 % Thiamin 0.0 % Zinc 0.0 % Calories , Protein, Fiber, & Carbs In Del Monte Sweet Peas Calories , Άλιτος, Πρωτεΐνη, Φυτικές ίνες, & Υδατόνθρακες Σε Τουτ Kettel Kettel Fat, Protein, Fiber, & Carbohydrates in Broccoli 1400 Calorie Diet Meal Plan

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