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Dunkin donuts iced coffee nutrition info

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presented in good faith and is believed to be correct, FatSecret makes no representations or assurances regarding its integrity or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Home Blog Help Sign In Join Mainly known for
assorting breakfast food, Dunkin Donuts restaurants operate as a very popular chain of cafes located in North America and around the world. In total, around 11,000 storefronts are named after the company, including both franchised and corporate-owned outlets. Most locations are located in major metropolitan areas or shopping malls in densely populated suburbs. The coffee
shops chain also maintains a considerable presence in rural areas. The menus reflect traditional American tastes at breakfast, with eggs, meats such as sausage and bacon, and doughnuts dominating daily selections. Other menu options include bagels, various pastries and coffees, with holiday promotions and reoccurring offers adding to standard menu options. A traditional
Dunkin Donuts meal includes 1 or 2 doughnuts or bagels and a coffee. Guests also order sandwiches regularly. Jump to: Health Tips: Coffee - or other gastrointestinal problems. Adding cream and sweeteners to available coffees increases the overall sugar and fat content of drinks. Many specialty coffee offerings typically include milk, cream, or other milk-related ingredients and
notable amounts of added sugar. Some mo cows contain about 500 calories per serving and up to 15gm of fat. Burger alternatives - include chicken nuggets, chicken and fish sandwiches. Pairing a sandwich and a specialty drink often raises the nutritional values of meals in 1,000 calories and around 30gm to 40gm of fat. Sandwiches – Dunkin Donuts breakfast sandwiches often
contain about 500 calories and 15gm of fat. At the low end, the English muffin of bacon, egg and cheese contains more than 700mg of sodium, while the richest order in salt, a sausage, egg and cheese in a biscuit, features about 1,700mg of sodium, or or 600mg shy of the FDA's recommendation on sodium intake per day. Doughnuts – A traditional icing doughnut contains 260
calories, 14gm of fat, and 12gm of sugar. Glazed doughnuts also contain about 300 mg of sodium. Specialized doughnuts, such as maple Kreme rain doughnuts or powdered cake stick doughnuts, have almost 400 calories per serving and more than 20gm of fat each. Teas - Most teas only contain a handful of calories (between 0 and 20 naturally) and little, if any, sodium, fat,
carbohydrates, or sugars. However, sweet tea offerings feature extremely high levels of sugar per serving and more than 200 to 300 calories. Teas containing milk for flavor and thickness typically offer between 20 and 80 calories. Diets - Gluten intolerant customers, vegetarians and vegans may find it difficult to find suitable options to meet individual dietary needs. Outside drinks,
most of the Dunkin Donuts menu contains eggs, dairy or wheat-related products, with most options containing all three ingredients. Vegetarians often enjoy the most successful menu options suited to individual needs, as customers can alter sandwiches to conform to vegetarian standards. With the exception of certain seasonal doughnut offerings, most daily selections do not
contain meat. FREQUENTLY ASKED QUESTIONSCaloriesProtein (g)Total carbohydrates (g)Sodium (mg)Sugar (g)Weight WatchersAM Snacksback on top Brown sugar flavored oatmeal with nuts Topping300761470288Hash Browns – 9 Pieces20022273005Hash Browns – 6 pieces13011548004 Original oatmeal with nuts Topping270754140228Sausage Pancake
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Munchkin50174041 Double Cocoa Kreme Puff Munchkin5017186542 Honeyed chocolate cake Munchkin70188542Glazed Munchkin70178032 Jellyfish stuffed Munchkin80198522Plain Cake Munchkin60166522 Munchkin pork skin pie 60176532Pumpkin Munchkin60197542Sugared bakers in topCaloriesProtein (g)Total Carb (g)Sodium (g)Sodium (g) Weight WatchersApple
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Chai3301153180459Devolution to topCaloriesProtein (g)Total carbohydrates (g)Sodium (mg)Sugar (g)Weight WatchersDesafeinated Tea 000500 Deprofeinated Tea with Milk20112010 Tea Tea Deprofeinated milk and sugar801 1920192Feinated tea with skimmed milk10122020Feinated Tea with skimmed milk and sugar7011920192Feinated tea with sugar600175172Earl Grey
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Sugar7011920192Regen Tea with Sugar600175172Peach Tasty Ice Cream Tea1502000Peach Flavored Ice Cream Tea900210192Raspberry Tasty Ice Cream Tea1502000Thar Blueberry Flavored IceD Tea 900210192Sweet Tea – Large31008010789Sweet Tea – Medium2300605587Sweet Tea – Petit1600405394Wake-Up Wrapback at topCaloriesProtein (g)Total Carb
(g)Sodium (mg)Sugar (g)Weight WatchersBacon , Egg and cheese alarm clock wrap18091452015Egg && Cheese Wake-Up Wrap15071342014Egg White Turkey Sausage Wake-Up Wrap150101442024Egg Veggie Wake-Up Wrap15091436014Ham, Ou i Formatge Wake-Up Wrap170101456015Hot i Spicy Wake-Up Wrap190101450015Sausage, Ou i Formatge Wake-Up
Wrap260121468017Go a la part superior superior

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