

# Speedway Nutrition and Ingredients

## Fountain Drinks



Fountain Drinks		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %	Calcium %	Iron %	Potassium %
Ale 8	22 oz	220	0	0	0		55	55		55		0	0	0	0	0
	30 oz	300	0	0	0		75	75		75		0	0	0	0	0
	40 oz	400	0	0	0		100	100		100		0	0	0	0	0
	52 oz	520	0	0	0		130	130		130		0	0	0	0	0
Big Red	22 oz	270	0	0	0		55	70		70		0	0	0	0	0
	30 oz	380	0	0	0		75	95		95		0	0	0	0	0
	40 oz	500	0	0	0		100	127		127		0	0	0	0	0
	52 oz	650	0	0	0		130	165		165		0	0	0	0	0
Brisk Strawberry Melon	22 oz	120	0	0	0		110	33		33		0	0	0	0	7
	30 oz	170	0	0	0		150	45		45		0	0	0	0	9
	40 oz	230	0	0	0		200	60		60		0	0	0	0	12
	52 oz	290	0	0	0		260	78		78		0	0	0	0	16
Caffeine Free Diet Coke	22 oz	0	0	0	0		75	0				0	0	0	0	0
	30 oz	0	0	0	0		105	0				0	0	0	0	0
	40 oz	0	0	0	0		140	0				0	0	0	0	0
	52 oz	0	0	0	0		180	0				0	0	0	0	0
Cheerwine	22 oz	270	0	0	0		45	77		77		0	0	0	0	0
	30 oz	370	0	0	0		65	105		105		0	0	0	0	0
	40 oz	500	0	0	0		85	140		140		0	0	0	0	0
	52 oz	650	0	0	0		110	182		182		0	0	0	0	0
Coca-Cola	22 oz	270	0	0	0		85	74		74	74	0	0	0	0	0
	30 oz	370	0	0	0		115	101		101	101	0	0	0	0	0
	40 oz	500	0	0	0		150	135		135	135	0	0	0	0	0
	52 oz	650	0	0	0		200	175		175	176	0	0	0	0	0
Coca-Cola Zero Sugar	22 oz	0	0	0	0		75	0				0	0	0	0	0
	30 oz	0	0	0	0		105	0				0	0	0	0	0
	40 oz	0	0	0	0		140	0				0	0	0	0	0
	52 oz	0	0	0	0		180	0				0	0	0	0	0

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Additional information available upon request. Item or flavor selection may vary by store.

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Diet Coke	22 oz	0	0	0	0		75	0				0	0	0	0	0
	30 oz	0	0	0	0		105	0				0	0	0	0	0
	40 oz	0	0	0	0		140	0				0	0	0	0	0
	52 oz	0	0	0	0		180	0				0	0	0	0	0
Diet Dr. Pepper	22 oz	0	0	0	0		110	0				0	0	0	0	0
	30 oz	0	0	0	0		150	0				0	0	0	0	0
	40 oz	0	0	0	0		200	0				0	0	0	0	0
	52 oz	0	0	0	0		260	0				0	0	0	0	0
Diet Mountain Dew	22 oz	0	0	0	0		110	0				0	0	0	0	3
	30 oz	0	0	0	0		150	0				0	0	0	0	4
	40 oz	0	0	0	0		200	0				0	0	0	0	5
	52 oz	0	0	0	0		260	0				0	0	0	0	6
Diet Pepsi	22 oz	0	0	0	0		70	0				0	0	0	0	2
	30 oz	0	0	0	0		95	0				0	0	0	0	3
	40 oz	0	0	0	0		125	0				0	0	0	0	4
	52 oz	0	0	0	0		160	0				0	0	0	0	5
Dr. Pepper	22 oz	270	0	0	0		110	73		70	70	0	0	0	0	0
	30 oz	370	0	0	0		150	99		96	96	0	0	0	0	0
	40 oz	500	0	0	0		200	132		128	128	0	0	0	0	0
	52 oz	650	0	0	0		260	172		166	166	0	0	0	0	0
Fanta Orange	22 oz	300	0	0	0		100	81		81	81	0	0	0	0	0
	30 oz	410	0	0	0		135	111		111	111	0	0	0	0	0
	40 oz	540	0	0	0		180	148		148	148	0	0	0	0	0
	52 oz	700	0	0	0		230	192		192	192	0	0	0	0	0
Lipton Raspberry Brisk	22 oz	140	0	0	0		150	36		33		0	0	0	0	0
	30 oz	190	0	0	0		210	49		45		0	0	0	0	0
	40 oz	250	0	0	0		280	65		60		0	0	0	0	0
	52 oz	320	0	0	0		360	84		78		0	0	0	0	0
Mega M Energy	22 oz	340	0	0	0		30	82		79		0	0	2	0	0
	30 oz	460	0	0	0		40	111		108		0	0	2	0	0
	40 oz	610	0	0	0		55	148		143		0	0	2	0	0
	52 oz	800	0	0	0		70	193		186		0	0	2	0	0

**Speedway Nutrition and Ingredients**

Minute Maid Lemonade	22 oz	300	0	0	0		40	80		77		0	0	0	0	0
	30 oz	410	0	0	0		55	109		105		0	0	0	0	0
	40 oz	550	0	0	0		75	145		140		0	0	0	0	0
	52 oz	710	0	0	0		100	188		182		0	0	0	0	0
Mountain Dew	22 oz	300	0	0	0		95	80		80		0	0	0	0	0
	30 oz	410	0	0	0		130	109		109		0	0	0	0	0
	40 oz	550	0	0	0		180	145		145		0	0	0	0	1
	52 oz	720	0	0	0		230	189		189		0	0	0	0	1
Mountain Dew Code Red	22 oz	300	0	0	0		95	85		85		0	0	0	0	0
	30 oz	410	0	0	0		130	116		116		0	0	0	0	0
	40 oz	550	0	0	0		180	155		155		0	0	0	0	1
	52 oz	720	0	0	0		230	202		202		0	0	0	0	1
Mug Rootbeer	22 oz	280	0	0	0		40	72		72		0	0	0	0	1
	30 oz	380	0	0	0		55	98		98		0	0	0	0	1
	40 oz	500	0	0	0		75	130		130		0	0	0	0	1
	52 oz	650	0	0	0		95	169		169		0	0	0	0	1
Pepsi	22 oz	280	0	0	0		55	77		77		0	0	0	0	0
	30 oz	380	0	0	0		75	105		105		0	0	0	0	0
	40 oz	500	0	0	0		100	140		140		0	0	0	0	0
	52 oz	650	0	0	0		130	182		182		0	0	0	0	0
POWERAde Mountain Blast	22 oz	150	0	0	0		270	38		38		0	0	0	0	1
	30 oz	200	0	0	0		380	52		52		0	0	0	0	2
	40 oz	270	0	0	0		500	70		70		0	0	0	0	2
	52 oz	350	0	0	0		650	91		91		0	0	0	0	3
Sprite	22 oz	270	0	0	0		60	69		61		0	0	2	4	0
	30 oz	370	0	0	0		85	94		83		0	0	2	6	0
	40 oz	490	0	0	0		110	125		111		1	0	2	8	0
	52 oz	640	0	0	0		140	162		144		1	0	2	10	0
Tropicana Fruit Punch	22 oz	300	0	0	0		70	83		83		0	0	0	0	6
	30 oz	410	0	0	0		95	113		113		0	0	0	0	8
	40 oz	550	0	0	0		125	150		150		0	0	0	0	11
	52 oz	720	0	0	0		160	195		195		0	0	0	0	14

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Wild Cherry Pepsi	22 oz	280	0	0	0		55	77		77		0	0	0	0	0
	30 oz	380	0	0	0		75	105		105		0	0	0	0	0
	40 oz	500	0	0	0		100	140		140		0	0	0	0	1
	52 oz	650	0	0	0		130	182		182		0	0	0	0	1

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<b>Ale 8</b>	Carbonated Water, Real Sugar, Corn Sweetener, Glycerin, Ginger, Natural & Artificial Flavorings, Citric Acid, Sodium Benzoate (Preservative), Phosphoric Acid, Caramel Coloring, Caffeine
<b>Big Red</b>	Carbonated Water, High Fructose Corn Syrup, Natural and Artificial Flavor, Yellow #5, Yellow #6, Citric Acid and Sodium Benzoate (Preservative)
<b>Brisk Strawberry Melon</b>	Water, High Fructose Corn Syrup, Citric Acid, Phosphoric Acid, Potassium Citrate, Sodium Hexametaphosphate (To Protect Flavor), Natural Flavor, Potassium Benzoate (Preserves Freshness), Gum Arabic, Potassium Sorbate (Preserves Freshness), Xanthan Gum, Glycerol Ester of Rosin, Acesulfame Potassium, Calcium Disodium EDTA (To Protect Flavor), Sucralose, Red 40, Blue 1
<b>Caffeine Free Diet Coke</b>	Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Benzoate and Potassium Sorbate (To Protect Taste), Sodium Saccharin, Natural Flavors, Citric Acid, Aspartame, Potassium Citrate.
<b>Cheerwine</b>	Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural and Artificial Flavors, Artificial Cherry Flavor, Caffeine, Citric Acid, Sodium Benzoate (To Protect Flavor), Red 40
<b>Coca-Cola</b>	Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine
<b>Coca-Cola Zero Sugar</b>	Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Citrate, Potassium Benzoate (To Protect Taste), Aspartame, Natural Flavors, Acesulfame Potassium, Caffeine, Sucralose
<b>Diet Coke</b>	Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (To Protect Taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame
<b>Diet Dr. Pepper</b>	Water, Caramel Color, Natural and Artificial Flavors, Phosphoric Acid, Aspartame, Sodium Citrate, Sodium Benzoate (Preservative), Caffeine, Acesulfame Potassium, Sucralose, Dimethylpolysiloxane. Phenylketonurics: Contains Phenylalanine.
<b>Diet Mountain Dew</b>	Carbonated Water, Concentrated Orange Juice, Citric Acid, Natural Flavors, Citrus Pectin, Aspartame, Potassium Benzoate (Preserves Freshness), Potassium Citrate, Caffeine, Potassium Sorbate (Preserves Freshness), Acesulfame Potassium, Sodium Citrate, Sodium Saccharin, Gum Arabic, Sodium Benzoate (Preserves Freshness), Salt, Calcium Disodium EDTA (To Protect Flavor), Brominated Vegetable Oil, Yellow 5
<b>Diet Pepsi</b>	Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Benzoate (Preserves Freshness), Aspartame, Potassium Citrate, Caffeine, Sodium Saccharin, Natural Flavor, Acesulfame Potassium, Citric Acid, Calcium Disodium EDTA (To Protect Flavor)
<b>Dr. Pepper</b>	High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), Natural and Artificial Flavors and Dimethylpolysiloxane.
<b>Fanta Orange</b>	Carbonated Water, High Fructose Corn Syrup, Citric Acid, Potassium Benzoate (To Protect Taste), Natural Flavors, Modified Food Starch, Glycerol Ester of Rosin, Yellow 6, Sucrose Acetate Isobutyrate, Red 40.
<b>Lipton Raspberry Brisk</b>	Treated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Instant Tea, Caramel Color, Potassium Sorbate and Sodium Benzoate (Preserve Freshness), Red 40
<b>Mega M Energy</b>	Pure Cane Sugar, Filtered Water, Citric Acid, Taurine, Sodium Citrate, Natural Flavor, Ascorbic Acid, Caffeine, Sodium Benzoate, Potassium Sorbate, FD&C Yellow #5, FD&C Yellow #6, Vitamin B-12.
<b>Minute Maid Lemonade</b>	Water, High Fructose Corn Syrup, Citric Acid, Sodium Citrate, Potassium Benzoate (To Protect Taste), Modified Food Starch, Glycerol Ester of Rosin, Natural and Artificial Flavors, Yellow 5
<b>Mountain Dew</b>	Carbonated Water, High Fructose Corn Syrup, Concentrated Orange Juice, Citric Acid, Natural Flavors, Sodium Benzoate (Preserves Freshness), Caffeine, Sodium Citrate, Erythorbic Acid (Preserves Freshness), Gum Arabic, Calcium Disodium EDTA (To Protect Flavor), Brominated Vegetable Oil, Yellow 5
<b>Mountain Dew Code Red</b>	Carbonated Water, High Fructose Corn Syrup, Orange Juice Concentrate, Citric Acid, Sodium Hexametaphosphate (To Protect Flavor), Sodium Benzoate (Preserves Freshness), Natural Flavor, Caffeine, Sodium Citrate, Gum Arabic, Calcium Disodium EDTA (To Protect Flavor), Red 40, Brominated Vegetable Oil, Yellow 5, Blue 1
<b>Mug Rootbeer</b>	Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sodium Benzoate (Preserves Freshness) Citric Acid, Natural & Artificial Flavors, Modified Food Starch, Calcium Disodium EDTA (To Protect Flavor), Quillaia Extract
<b>Pepsi</b>	Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor
<b>POWERade Mountain Blast</b>	Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Salt, Potassium Citrate, Potassium Benzoate and Potassium Sorbate (To Protect Taste), Modified Food Starch, Coconut Oil, Potassium Phosphate, Sucrose Acetate Isobutyrate, Niacinamide (Vitamin B3), Blue 1, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12)
<b>Sprite</b>	Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Sodium Benzoate (To Protect Taste)
<b>Tropicana Fruit Punch</b>	Treated Water, High Fructose Corn Syrup, Pear Juice Concentrate, Citric Acid, Potassium Citrate, Natural Flavors, Phosphoric Acid, Gum Arabic, Potassium Benzoate and Potassium Sorbate (Preserves Freshness), Red 40, Glycerol Ester of Wood Rosin, Calcium Disodium EDTA (To Protect Flavor), Blue 1
<b>Wild Cherry Pepsi</b>	Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Natural Flavors, Caffeine, Citric Acid