

Speedway Nutrition and Ingredients

Speedy Freezes



Speedy Freeze		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
Bubblegum	22 oz	150	0	0	0		15	38		37		0	0	0	0	0
	30 oz	210	0	0	0		20	52		50		0	0	2	0	0
	40 oz	280	0	0	0		30	70		67		0	0	2	0	0
	52 oz	360	0	0	0		40	90		87		0	0	2	0	0
Coca-Cola	22 oz	180	0	0	0		20	49		49		0	0	0	0	0
	30 oz	240	0	0	0		25	67		67		0	0	0	0	0
	40 oz	320	0	0	0		35	89		89		0	0	0	0	0
	52 oz	420	0	0	0		45	115		115		0	0	0	0	0
Brisk Strawberry Melon	22 oz	150	0	0	0		15	38		37		0	0	0	0	0
	30 oz	210	0	0	0		20	52		50		0	0	2	0	0
	40 oz	280	0	0	0		30	70		67		0	0	2	0	0
	52 oz	360	0	0	0		40	90		87		0	0	2	0	0
Blue Raspberry	22 oz	320	0	0	0		40	85		85	85	0	0	2	0	0
	30 oz	440	0	0	0		55	115		115	115	0	0	2	0	0
	40 oz	590	0	0	0		75	154		154	154	0	0	2	0	0
	52 oz	760	0	0	0		95	200		200	200	0	0	2	0	0
Wild Cherry	22 oz	180	0	0	0		85	48		48		0	0	0	0	0
	30 oz	240	0	0	0		120	65		65		0	0	0	0	0
	40 oz	320	0	0	0		160	87		86		0	0	0	0	0
	52 oz	420	0	0	0		200	113		112		0	0	0	0	0
Mountain Dew	22 oz	160	0	0	0		55	44		44		0	0	0	0	0
	30 oz	220	0	0	0		75	60		60		0	0	0	0	0
	40 oz	300	0	0	0		100	80		80		0	0	0	0	0
	52 oz	390	0	0	0		130	104		104		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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Mountain Dew Berry Lime	22 oz	190	0	0	0		55	50		47		0	0	0	0	0
	30 oz	260	0	0	0		75	68		64		0	0	0	0	0
	40 oz	350	0	0	0		100	90		85		0	0	0	0	0
	52 oz	460	0	0	0		130	117		110		0	0	0	0	0
Orange Crème	22 oz	160	0	0	0		40	47		47		0	0	0	0	0
	30 oz	220	0	0	0		55	64		64		0	0	0	0	0
	40 oz	300	0	0	0		75	85		85		0	0	0	0	0
	52 oz	390	0	0	0		100	110		110		0	0	0	0	0
Sprite	22 oz	160	0	0	0		40	44		44		0	0	0	0	0
	30 oz	220	0	0	0		55	59		59		0	0	0	0	0
	40 oz	300	0	0	0		75	79		79		0	0	0	0	0
	52 oz	390	0	0	0		100	103		103		0	0	0	0	0
Sugar Free Mango	22 oz	35	0	0	0		10	10				0	0	0	0	0
	30 oz	50	0	0	0		15	14				0	0	2	0	0
	40 oz	70	0	0	0		20	19				0	0	2	0	0
	52 oz	90	0	0	0		25	25				0	0	2	0	0
Watermelon	22 oz	150	0	0	0		15	38		37		0	0	0	0	0
	30 oz	210	0	0	0		20	52		50		0	0	2	0	0
	40 oz	280	0	0	0		30	70		67		0	0	2	0	0
	52 oz	360	0	0	0		40	90		87		0	0	2	0	0
Wild Berry Lemonade	22 oz	150	0	0	0		15	40		38		0	0	0	0	0
	30 oz	210	0	0	0		20	54		52		0	0	2	0	0
	40 oz	280	0	0	0		30	72		70		0	0	2	0	0
	52 oz	360	0	0	0		40	93		90		0	0	2	0	0

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Ale 8	
Bubblegum	High Fructose Corn Syrup, Filtered Water, Cloud [Filtered Water, Starch Sodium Octenylsuccinate, Titanium Dioxide, Propylene Glycol, Antifoam (Silicone Dioxide), Xanthan Gum, Sodium Benzoate, Citric Acid], Natural and Artificial Flavor, Yucca Extract, Sodium Acid Sulfate, Quillaia Extract, Sodium Benzoate, Potassium Sorbate, FD&C Red #40.
Coca-Cola	Coca-Cola Classic Syrup (High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine), Quillaia Extract, Yucca Extract
Brisk Strawberry Melon	Carbonated Filtered Water, High Fructose Corn Syrup, Citric Acid, Potassium Citrate, Natural Flavor, Phosphoric Acid, Green Tea, Quillaia Extract, Potassium Benzoate (preserves freshness), Potassium Sorbate (preserves freshness), Glycerol Ester of Rosin, Calcium Disodium Edta (to protect flavor), Red 40, Blue 1.
Blue Raspberry	High Fructose Corn Syrup, Filtered Water, Citric Acid, Malic Acid, Yucca Extract, Natural and Artificial Flavors, Quillaia Extract, Sodium Benzoate, Potassium Sorbate, FD&C Blue #1.
Wild Cherry	High Fructose Corn Syrup, Filtered Water, Citric Acid, Yucca Extract, Natural and Artificial Flavors, Quillaia Extract, Ascorbic Acid, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), FD&C Red #6, FD&C #40
Mountain Dew	Treated Water, High Fructose Corn Syrup, Orange Juice from Concentrate, Natural Flavors, Citric Acid, Quillaia Extract, Sodium Benzoate (To Protect Freshness, Caffeine, Sodium Citrate, Yucca Extract, Erythorbic Acid, Calcium Disodium EDTA (To Protect Flavor), Yellow FD&C #5, Gum Arabic, Brominated Vegetable Oil.
Mountain Dew Berry Lime	Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Quillaia Extract, Caffeine, Yucca Mohave Extract, Sodium Benzoate (Preserves Freshness), Gum Arabic, Sodium Citrate, Potassium Sorbate (Preserves Freshness), Blue 1, Calcium Disodium EDTA (To Protect Flavor), Sucrose Acetate Isobutyrate, Yellow 5, Red 40, Yellow 6
Orange Crème	High Fructose Corn Syrup Filtered Water, Citric Acid, Yucca Extract, Purity Gum, Natural and Artificial Flavors, Quillaia Extract, Ascorbic Acid, Potassium Sorbate (Preservative), Sodium Benzoate (Preservative), FD&C Yellow #6, Propylene Glycol, Xanthum Gum, Sodium Propionate, FD&C Red #40
Sprite	High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Yucca Extract, Quillaia Extract, Sodium Citrate, Sodium Benzoate (To Protect Taste).
Sugar Free Mango	Filtered Water, Glycerine, Sorbitol, Citric Acid, Malic Acid, Natural Flavors, Natural and Artificial Flavors, Yucca Extract, EDTA (To Protect Flavor), Quillaia Extract, Rebiana, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), FD&C Yellow #5, Erythritol, Sucralose, FD&C Yellow #6
Watermelon	High Fructose Corn Syrup, Filtered Water, Malic Acid, Natural and Artificial Flavors, Yucca Extract, Quillaia Extract, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), FD&C #40
Wild Berry Lemonade	High Fructose Corn Syrup, Filtered Water, Citric Acid, Yucca Extract, Malic Acid, Natural and Artificial Flavors, Quillaia Extract, Ascorbic Acid, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative), FD&C Red #40