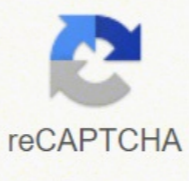




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Next

Dunkin caramel iced coffee nutrition facts

Large flavored coffees can be a real sugar bomb and quickly ramps up your calorie intake for the day. If you're trying to control your sugar intake, stepping into coffee chains can be a minefield. Thankfully, most of them provide excellent alternatives, like the Dunkin Donuts sugar-free flavors. We went on the hunt to find out which flavors we could get with minimal guilt. Topics Explored Photo by @twinsfish What is Dunkin' Flavor Swirl? Swirl is a syrup, not the same as a flavoring. Flavoring swirls are rich in sugar and add around 150 calories per medium-sized beverage. However, they are more decadent, creamy and give the drink some extra sweetness which you won't get with a flavor shot. Swirls are free from artificial dyes and sweeteners. Photo from Dunkin' Donuts Dunkin' Donuts Sugar-Free Flavors There are more than a few Dunkin' Donuts sugar-free flavors. The list includes the most common tastes you might miss when you decide to tone down your sugar consumption. Whether you're looking for a fruity or nutty flavor, Dunkin' will provide it sugar-free! French Vanilla Hazelnut Caramel Toasted Almond Blueberry Raspberry Coconut Are Dunkin' Flavor Shots Completely Sugar-Free? Dunkin flavor shots are unsweetened and sugar-free. They're great for those wanting some flavor in their coffee without the guilt. A single shot contains 15 calories and 2 grams of carbs. They're generally great for those on low-sugar and low-carb diets, like Atkins or Keto, that find plain coffee boring. Love Dunkin' Flavor Shots But Want Them At Home? Like the idea of flavor shots to enliven your regular cup of joe? If you don't live near a Dunkin or want to save money, we'll share tips on replicating the flavors. Of course, they won't be the same, but you can get a close enough beverage. Dunkin Flavored Coffees Dunkin Donuts sells some of their coffee, so you can get it online or anytime you're close to a location. Not all flavors are available for sale, but some of the most popular can be found, like French Vanilla and Hazelnut. They're available as ground coffee or K-cups (2), depending on your coffee maker. Syrups & Flavor Shots Dunkin sells their coffee but doesn't offer their flavor shots. But just because Dunkin doesn't sell theirs doesn't mean you can't get flavor shots from other brands. Many beverage manufacturers sell sugarless drink flavorings on Amazon and other online retailers. Experiment using syrups and flavor shots from Monin and Torani, but beware that some of them may contain sugar. Final Words Fun flavors are always preferred, especially when it comes to coffee. But most of the delicious and unique combinations come with staggering calorie and sugar counts. However, there is a way to enjoy the yummy flavors for fewer calories with Dunkin Donuts sugar-free flavors. They're unsweetened, nut and dairy-free, and have no more than 15 calories per shot. FAQs - Dunkin' Donuts Sugar Free Flavors Are Dunkin Donuts flavor shots Keto-friendly? The keto diet limits the carb and sugar intake, and since flavor shots are unsweetened, they make the perfect addition to your keto coffee. But, remember, other factors like adding a swirl along with the flavor shot can make your coffee not keto-friendly. The safest way is to go with black coffee and some flavor shots. Do Dunkin Donuts flavor shots have carbs? One shot of the flavor shots has a small number of carbs. Most flavors come around 2 grams of carbs per shot. This makes them ideal for low-carb diets or those who want to avoid any liquid carb intake. Along with the small number of calories, flavor shots are great for those on their weight loss journey. Can I buy Dunkin flavor shots? Flavor shots are not for sale. Dunkin makes them for commercial use only in their stores. They aren't available at retail. You can find some on eBay from time to time, but you can't verify their authenticity. If you're eager to try some at home, buy Dunkin's flavored ground coffee or K-cups. End of results Didn't find what you're looking for? Try checking our list of discontinued McDonald's items.

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