



**MOTHER EARTH  
BREW CO.**

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## Mother Earth Brew Co. - Nutrition Facts

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→ *The following data is approximate and only includes our year-round beers.*

→ *Project X, 4 Seasons, and rotational draft offerings are not available.*

### **Cali Creamin' - Vanilla Cream Ale (CO2 & NITRO)**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 165              | 190              | 220              | 275              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |
| Sodium (mg)                 | 10               | 10               | 10               | 15               |
| Total carbohydrate (g)      | 13               | 16               | 18               | 22               |
| Dietary fiber (g)           | less than 1      | less than 1      | less than 1      | 1                |
| Sugars (g)                  | 0                | 0                | 0                | 0                |
| Protein (g)                 | 2                | 2                | 2                | 3                |

### **Cali Creamin' Creamsicle – Orange Vanilla Cream Ale**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 190              | 220              | 255              | 315              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |
| Sodium (mg)                 | 10               | 10               | 10               | 15               |
| Total carbohydrate (g)      | 21               | 25               | 28               | 35               |
| Dietary fiber (g)           | less than 1      | less than 1      | less than 1      | 1                |
| Sugars (g)                  | 0                | 0                | 0                | 0                |
| Protein (g)                 | 2                | 2                | 2                | 3                |



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### **Tierra Madre – Lager**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 130              | 150              | 175              | 215              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |
| Sodium (mg)                 | 10               | 10               | 10               | 15               |
| Total carbohydrate (g)      | 8                | 9                | 11               | 13               |
| Dietary fiber (g)           | less than 1      | less than 1      | less than 1      | 1                |
| Sugars (g)                  | 0                | 0                | 0                | 0                |
| Protein (g)                 | 2                | 2                | 2                | 3                |

### **Boo Koo - IPA**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 195              | 230              | 260              | 325              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |
| Sodium (mg)                 | 10               | 15               | 15               | 20               |
| Total carbohydrate (g)      | 15               | 17               | 20               | 25               |
| Dietary fiber (g)           | 1                | 1                | 2                | 2                |
| Sugars (g)                  | less than 1      | less than 1      | less than 1      | 1                |
| Protein (g)                 | 3                | 3                | 3                | 4                |

### **Heavy Cloud - HIPA**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 235              | 275              | 315              | 390              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |



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|                        |             |             |             |    |
|------------------------|-------------|-------------|-------------|----|
| Sodium (mg)            | 10          | 15          | 15          | 20 |
| Total carbohydrate (g) | 24          | 28          | 32          | 40 |
| Dietary fiber (g)      | 1           | 1           | 2           | 2  |
| Sugars (g)             | less than 1 | less than 1 | less than 1 | 1  |
| Protein (g)            | 3           | 3           | 3           | 4  |

### **Hop Diggity - DIPA**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 235              | 270              | 310              | 390              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |
| Sodium (mg)                 | 10               | 15               | 15               | 20               |
| Total carbohydrate (g)      | 16               | 19               | 21               | 27               |
| Dietary fiber (g)           | 1                | 1                | 2                | 2                |
| Sugars (g)                  | less than 1      | less than 1      | less than 1      | less than 1      |
| Protein (g)                 | 3                | 4                | 4                | 5                |

### **Milk Truck – Latte Stout (CO2 & NITRO)**

|                             | <b>per 12 oz</b> | <b>per 14 oz</b> | <b>per 16 oz</b> | <b>per 20 oz</b> |
|-----------------------------|------------------|------------------|------------------|------------------|
| Total calories (cal)        | 245              | 285              | 325              | 405              |
| Calories from fat (fat cal) | 0                | 0                | 0                | 0                |
| Total fat (g)               | 0                | 0                | 0                | 0                |
| Saturated fat (g)           | 0                | 0                | 0                | 0                |
| Trans fat (g)               | 0                | 0                | 0                | 0                |
| Cholesterol (mg)            | 0                | 0                | 0                | 0                |
| Sodium (mg)                 | 10               | 15               | 15               | 20               |
| Total carbohydrate (g)      | 31               | 36               | 41               | 51               |
| Dietary fiber (g)           | 2                | 2                | 3                | 3                |
| Sugars (g)                  | 0                | 0                | 0                | 0                |
| Protein (g)                 | 2                | 3                | 3                | 4                |