The Paleta Bar – Calories & Allergen Chart

Water base (non-dairy) – 6

Paleta	Calories	Gluten-free	Vegan	Milk	Egg	Tree nuts	Peanut	Wheat	Soy	Contains (detail)
Chili Mango	**120**	✓	✓							
Lime	**60**	✓	✓							
Mango	**80**	✓	✓							
Passion Fruit	**70**	✓	✓							
Pineapple	**80**	✓	✓							
Watermelon	**60**	✓	✓							

Cream base (dairy) – 21

Paleta	Calories	Gluten-free	Vegan	Milk	Egg	Tree nuts	Peanut	Wheat	Soy	Contains (detail)
Avocado	**250**	✓		●						Milk
Banana	**250**	✓		●						Milk
Bubblegum (pink+blue)	**260**	✓		●						Milk
Coconut	**270**	✓		●						Milk
Coffee	**260**	✓		●						Milk
Cookies & Cream	**250**			●				●	●	Milk, Soy, Wheat
Dubai Paleta	**500**			●		●		●		Milk, Tree nuts (pistachio), Wheat
Durian	**260**	✓		●						Milk
Fruity Pebbles	**270**	✓		●						Milk
Hazelnut Crunch	**270**			●	●	●		●	●	Milk, Egg, Soy, Wheat, Tree nuts
Horchata	**280**	✓		●						Milk
Matcha	**270**	✓		●						Milk
Mazapán	**290**			●			●			Milk, Peanuts
Mint Chocolate Chip	**280**	✓		●					●	Milk, Soy
Pecan	**280**	✓		●		●				Milk, Tree nuts (pecan)
Pistachio	**280**	✓		●		●				Milk, Tree nuts (pistachio)
Pumpkin Spice	**240**	✓		●						Milk
Strawberry	**200**	✓		●						Milk
Strawberry Cream Cheese	**170**	✓		●						Milk
Strawberry con Lechera	**230**	✓		●						Milk
Taro	**290**	✓		●						Milk

Mazapán is not marked gluten-free because its candy label says it may contain wheat. Vegan = no milk, egg or honey. Sugar in the recipes is Zulka Pure Cane Sugar (Sam's Club, 10 lb). Calories per paleta (1 paleta, label-rounded). Estimated from recipe book ingredients, supplier labels and USDA data (Nov 3, 2026); not lab-verified. Colors, fruit and sugar are not major allergens. Toppings/dips not included. Confirm before retail use.