

Nutrition Facts

Product **Egg Nog - Original Recipe**

Serving Size: 1/2 cup (118mL)

Calories 180 Calories from Fat 90

% Daily Value*

Total Fat	10g		15%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	125mg		5%
Carbohydrate	19g		6%
Dietary Fiber	0g		0%
Sugar	19g		
Protein	4g		8%
Vitamin A	4%	Vitamin C	0%
Calcium	15%	Iron	0%

* % Daily Values are based on a 2,000 calorie diet

Ingredients: milk, cream, sugar, nonfat dry milk, corn syrup, egg yolks, salt, spices, natural and artificial flavors, guar gum, carrageenan, mono-diglycerides, yellow 5, and yellow 6.