

Nutrition Facts

Product **Holiday Nog**

Serving Size: 1 cup (236mL)

Calories 190 Calories from Fat 20

% Daily Value*

Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	240mg		10%
Carbohydrate	36g		12%
Dietary Fiber	0g		0%
Sugar	36g		
Protein	7g		14%
Vitamin A	10%	Vitamin C	4%
Calcium	25%	Vitamin D	25%
Iron	0%		

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

Ingredients: Milk, Sugar, Corn Syrup, Salt, Spices,
Natural and Artificial Flavors, Guar Gum,
Carrageenan, Mono-Diglycerides, Yellow 5,
Yellow 6, Vitamin A Palmitate, Vitamin D3.