

Eggnog

Nutrition Facts	
servings per container	
Serving size	1/2 cup (120 mL)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 95mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 17g Added Sugars	34%
Protein 4g	
Vitamin D 1.5mcg	8%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 186mg	4%
Vitamin A 67mcg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: Milk and Cream, Sugar, Nonfat Dry Milk, Egg Yolks with Sodium Silicoaluminate, Grade A Whey Powder, Sugar, Guar Gum, Natural Flavor, Nutmeg, Salt, Corn Starch, Carrageenan, Annatto Extract Color, Turmeric Oleoresin Color.