

# EGG NOG

NON FAT

## Nutrition Facts

Serving Size 1/2 Cup (83g)

Amount Per Serving

**Calories** 110 **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0g 0%

**Saturated Fat** 0g 0%

**Trans Fat** 0g

**Cholesterol** 5mg 2%

**Sodium** 75mg 3%

**Total Carbohydrate** 23g 8%

**Dietary Fiber** 0g 0%

**Sugars** 18g

**Protein** 2g

**Vitamin A** 0%

**Vitamin C** 0%

**Calcium** 10%

**Iron** 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

**INGREDIENTS:** Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Eggnog Base (Sugar, Water, Natural & Artificial Flavors, Egg Yolk, Nutmeg, Annatto (color), Citric Acid, Turmeric (color), Ginger), Maltodextrin, Nonfat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains: Milk & Eggs

\*\*This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, soy, milk, and wheat products.