

# Eggnog Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, sugared egg yolks, high fructose corn syrup, nutmeg, salt, natural and artificial flavor, annatto color, beet color, turmeric color, citric acid, potassium sorbate, mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, locust bean gum, guar gum

## Nutrition Facts

Serving Size 1/2 cup (74 g)

Servings Per Quart 8

**Amount Per Serving**

**Calories** 180 Calories from Fat 80

**% Daily Value\***

**Total Fat** 9g **14%**

Saturated Fat 5g **25%**

*Trans* Fat 0g

**Cholesterol** 80mg **27%**

**Sodium** 150mg **6%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 0g **0%**

Sugars 16g

**Protein** 3g

Vitamin A 8% ? Vitamin C 0%

Calcium 8% ? 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
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 ? Carbohydrate 4 ? Protein 4