

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