

Pumpkin Spice Egg Nog

Serving Size: 1/2 cup (120ml)

Servings Per Container: 8

Ingredients: Cream, Milk, sugar, corn syrup, whey powder, egg yolks, pumpkin puree, nonfat milk solids, dextrose, nutmeg, carrageenan, guar gum, mono-and diglycerides, salt and annatto turmeric (for color).

Amount Per Serving		Calories from Fat 110	
Calories 195			
		% Daily Value	
Total Fat 12g			18%
Saturated fat 7g			36%
Trans Fat 0g			0%
Cholesterol 73mg			24%
Sodium 71mg			3%
Total Carbohydrate 21g			7%
Dietary Fiber 1g			4%
Sugars 18g			
Protein 4g			
Vitamin A 20%			Vitamin C 0%
Calcium 12%			Iron 0%
Vitamin D 33%			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	

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

your calorie needs.