

# Royal Crest Egg Nog

**Serving Size:** 1/2 cup (120ml)

**Servings Per Container:** 8

**Ingredients:** Cream, sugar, corn syrup, whey powder, egg yolks, nonfat milk solids, high fructose corn syrup, rum and other artificial flavors, nutmeg, carrageenan, guar gum, mono-and diglycerides, and annatto-turmeric (for color).

<b>Amount Per Serving</b>			
Calories 230		Calories from Fat 110	
		<b>% Daily Value</b>	
<b>Total Fat 12g</b>			<b>18%</b>
Saturated Fat 8g			40%
Trans Fat 0g			0%
<b>Cholesterol 73mg</b>			<b>24%</b>
<b>Sodium 52mg</b>			<b>2%</b>
<b>Total Carbohydrate 26g</b>			<b>9%</b>
Dietary Fiber 0g			0%
Sugars 19g			
<b>Protein 4g</b>			
<b>Vitamin A 18%</b>			<b>Vitamin C 0%</b>
<b>Calcium 12%</b>			<b>Iron 0%</b>
<b>Vitamin D 33%</b>			
		<b>Calories:</b>	
		<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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