

# Royal Crest Light Egg Nog

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

**Servings Per Container:** 8

**Ingredients:** Milk, sugar, corn syrup, egg yolks, skim milk powder, high fructose corn syrup, whey, natural and artificial flavor, guar gum, nutmeg, carrageenan, mono and diglycerides, cultured skim milk powder, and annatto turmeric extract.

<b>Amount Per Serving</b>			
Calories 150		Calories from Fat 25	
		<b>% Daily Value</b>	
<b>Total Fat 3g</b>			<b>5%</b>
Saturated Fat 1.5g			8%
Trans Fat 0g			0%
<b>Cholesterol 49mg</b>			<b>16%</b>
<b>Sodium 50mg</b>			<b>2%</b>
<b>Total Carbohydrate 26g</b>			<b>9%</b>
Dietary Fiber 0g			0%
Sugars 18g			
<b>Protein 4g</b>			
<b>Vitamin A 18%</b>			<b>Vitamin C 0%</b>
<b>Calcium 20%</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.