

EGG NOG

PURITY CULTURED PRODUCTS

Nutrition Facts	
Serving Size 1/2 cup(120mL)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 90mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 5g	9%
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 0%
* Percent Daily Values are based on a 2000 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
Protein	50g 65g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: milk, cream, corn syrup, pasteurized egg yolks, high fructose corn syrup, sugar, natural and artificial flavors, nutmeg, annatto and turmeric extract (color), whey, nonfat milk, guar gum, carrageenan, mono & diglycerides, locust bean gum.

Allergens: Milk, Egg