## Eggnog A-Lotta-Lishus Cremache

## **Nutrition Facts**

Serving Size: full recipe (76g) Servings Per Container: 1

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 15mg	1%
Total Carbohydra	<b>te</b> 7g <b>2</b> %
Dietary Fiber 0g	0%
Sugars 6g	
Protein 4g	

Calcium 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:

Vitamin C 0%

Vitamin A 2%

	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

INGREDIENTS: WHOLE MILK, BRANDY (ALCOHOL REMOVED THROUGH COOKING), EGG YOLKS, GRANULATED NUTMEG, SUGAR, GROUND CREMACHE BASE: PURIFIED WATER. PALM KERNEL OIL, CORN SYRUP. SUGAR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM CASEINATE (A MILK DERIVATIVE), GF POWDERED

CONTAINS: MILK, EGG, SOY

SUGAR, UNFLAVORED GELATIN

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