



PENN STATE
CREAMERY

ICE CREAM

1/2 Gallon

Egg Nog

INGREDIENTS: milk, cream, sugar, egg nog base [corn sugar, cane sugar, egg yolks, milk, artificial flavor, nutmeg], nonfat dry milk, corn syrup solids, propylene glycol, mono esters, mono and diglycerides, cellulose gum, carrageenan, guar gum, vanilla.
Contains milk, soy, egg

Nutrition Facts

Serving Size 1/2 cup (66g)
Servings Per Container 16

Amount Per Serving

Calories 140 **Calories from Fat 80**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 40mg **2%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 3g

Vitamin A 6% • Vitamin C 2%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4