

Bassetts Ice Cream Company

Nutritional and Ingredient Data



EGG NOG

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving
Calories 220 Calories from Fat 120

		% Daily Value*
Total Fat	14g	21%
Saturated Fat	8g	42%
Trans Fat	0.5g	
Cholesterol	90mg	29%
Sodium	45mg	2%
Potassium	140mg	4%
Total Carbohydrates	19g	6%
Dietary Fiber	0g	0%
Sugars	14g	
Protein	3g	

Vitamin A 10%	•	Vitamin C 2%
Calcium 10%	•	Iron 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:

	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS

Cream, Milk, Sugar, Corn Syrup, Nonfat Milk, Egg Yolk, Natural and Artificial Flavor, Ground Nutmeg, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin, Annatto

Allergen Alert: Contains Milk, Soy and Eggs

Manufactured on equipment that is used to process other allergens.