

Eggnog

non fat frozen yogurt

Serving Size 4.0 fl oz (92g)

Based on 45.00% overrun

Calories	116 g	-----
Fat Cal	0 g	-----
Fat	0 g	0%
Saturated Fat	1 g	5%
Trans Fat	0 g	-----
Cholesterol	12 mg	2%
Sodium	64 mg	1%
Carbs	26 g	9%
Dietary Fiber	0 g	0%
Sugars	18 g	-----
Protein	3 g	-----
Vitamin A	-----	0%
Vitamin C	-----	1%
Calcium	-----	10%
Iron	-----	3%

Ingredients:

Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Eggnog (High Fructose Corn Syrup, Water, Egg Yolks, Sugar, Ethyl Vanillian, Rum, Nut Meg, Citric Acid, Guar Gum, Locust Bean Gum, Sodium Benzoate, FD&C Red #40, FD&C Yellow #5, FD&C Yellow #6), Whey, Maltodextrin, Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. Acidophilus*, *Bifodobacterium* ssp., *L. rhamnosus*, *L. casei*

Contains:

Milk and Eggs



* Meets National Yogurt Association Criteria for Live & Active Culture Yogurt

