

HOLIDAY EGGNOG

Yield: 1.7 gallons (27 cups) Serving: ½ cup

INGREDIENTS

1½ gal. skim, 1%, 2% or whole milk

1 bag **NutriCare Instant Egg Custard**

½ - ¾ tsp. cinnamon and/or nutmeg

2-2½ tsp. rum or brandy flavor (optional)

INSTRUCTIONS

- Add milk to **NutriCare Instant Egg Custard**. Blend well with an electric mixer or whisk. Add more milk to taste, if desired.
- Add cinnamon, nutmeg and flavoring.

VARIATION

If lactose intolerant, use soy milk.

With Skim Milk

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup (prepared with skim milk) Calories 80 Calories from Fat 0 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 0g	0%	Total Carbohydrate 15g
	Cholesterol 10mg	4%	Sugars 14g	
	Sodium 90mg	4%	Protein 5g	
	Vitamin A 6% • Calcium 15%			
	Not a significant source of saturated fat, dietary fiber, vitamin C, and iron.			

With 1% Milk

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup (prepared with 1% milk) Calories 100 Calories from Fat 15 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 1.5g	3%	Sodium 110mg
	Saturated Fat 1g	5%	Total Carbohydrate 16g	5%
	Cholesterol 15mg	5%	Sugars 14g	
			Protein 5g	
	Vitamin A 6% • Vitamin C 2%		Calcium 20%	
	Not a significant source of dietary fiber, and iron.			

HOLIDAY EGGNOG (Continued)

With 2% Milk

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup (prepared with 2% milk) Calories 110 Calories from Fat 25 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 2.5g	4%	Sodium 110mg
	Saturated Fat 1.5g	8%	Total Carbohydrate 16g	5%
	Cholesterol 20mg	6%	Sugars 15g	
			Protein 5g	
	Vitamin A 6% • Calcium 20%			
	Not a significant source of dietary fiber, vitamin C, and iron.			

With Whole Milk

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup (prepared with whole milk) Calories 110 Calories from Fat 40 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 4.5g	7%	Sodium 90mg
	Saturated Fat 2.5g	12%	Total Carbohydrate 15g	5%
	Cholesterol 20mg	7%	Sugars 14g	
			Protein 5g	
	Vitamin A 2% • Calcium 15%			
	Not a significant source of dietary fiber, vitamin C, and iron.			