

# Brandy Eggnog

*Publix Aprons*

## Servings: 1

*1 ounce brandy*

*1 1/4 ounces milk*

*1/2 ounce simple syrup*

*1 egg yolk*

*nutmeg (for garnish)*

Pour the milk, brandy, egg yolk and simple syrup into a cocktail shaker filled with ice

Shake well and strain into a stemmed coffee mug.

Garnish with freshly grated nutmeg on top.

---

Per Serving (excluding unknown items): 163 Calories; 6g Fat (58.4% calories from fat); 4g Protein; 6g Carbohydrate; 0g Dietary Fiber; 217mg Cholesterol; 25mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	163	Vitamin B6 (mg):	.1mg
% Calories from Fat:	58.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	25.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	6g	Folacin (mcg):	26mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	65
Cholesterol (mg):	217mg	% Refuse:	n n%
Carbohydrate (g):	6g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	25mg	Vegetable:	0
Potassium (mg):	70mg	Fruit:	0
Calcium (mg):	65mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	1/2

Vitamin C (mg): trace  
Vitamin A (i.u.): 368IU  
Vitamin A (r.e.): 110 1/2RE

---

## Nutrition Facts

Servings per Recipe: 1

---

### Amount Per Serving

---

**Calories** 163                      **Calories from Fat:** 95

---

### % Daily Values\*

---

<b>Total Fat</b> 6g	10%
Saturated Fat 2g	12%
<b>Cholesterol</b> 217mg	72%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 0g	0%
<b>Protein</b> 4g	
<hr/>	
<b>Vitamin A</b>	7%
<b>Vitamin C</b>	1%
<b>Calcium</b>	7%
<b>Iron</b>	3%

---

\* Percent Daily Values are based on a 2000 calorie diet.