

# Holiday Egg Nog

*Publix Liquors*

*1/2 gallon egg nog  
3/4 cup dark rum  
3/4 cup brandy  
1/4 cup bourbon  
1/2 quart vanilla ice cream  
vanilla extract (to taste)  
cinnamon (for garnish)  
nutmeg (for garnish)  
cinnamon stick (for garnish)*

In a punch bowl, mix the egg nog, rum, brandy, bourbon, ice cream and vanilla extract.

Cover and chill or serve immediately.

Top with cinnamon and nutmeg. Garnish with a cinnamon stick.

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Per Serving (excluding unknown items): 1464 Calories; 29g Fat (47.7% calories from fat); 9g Protein; 62g Carbohydrate; 0g Dietary Fiber; 116mg Cholesterol; 215mg Sodium. Exchanges: 6 Fat; 4 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1464
<b>% Calories from Fat:</b>	47.7%
<b>% Calories from Carbohydrates:</b>	45.5%
<b>% Calories from Protein:</b>	6.7%
<b>Total Fat (g):</b>	29g
<b>Saturated Fat (g):</b>	18g
<b>Monounsaturated Fat (g):</b>	8g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	116mg
<b>Carbohydrate (g):</b>	62g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	9g
<b>Sodium (mg):</b>	215mg
<b>Potassium (mg):</b>	533mg
<b>Calcium (mg):</b>	338mg
<b>Iron (mg):</b>	trace

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>Thiamin B1 (mg):</b>	.1mg
<b>Riboflavin B2 (mg):</b>	.6mg
<b>Folacin (mcg):</b>	13mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	933
<b>% Refuse:</b>	0.0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	6

Zinc (mg): 2mg  
 Vitamin C (mg): 2mg  
 Vitamin A (i.u.): 1080IU  
 Vitamin A (r.e.): 309RE

Other Carbohydrates: 4

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## Nutrition Facts

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### Amount Per Serving

Calories 1464                      Calories from Fat: 699

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### % Daily Values\*

<b>Total Fat</b> 29g	45%
Saturated Fat 18g	90%
<b>Cholesterol</b> 116mg	39%
<b>Sodium</b> 215mg	9%
<b>Total Carbohydrates</b> 62g	21%
Dietary Fiber 0g	0%
<b>Protein</b> 9g	
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<b>Vitamin A</b>	22%
<b>Vitamin C</b>	3%
<b>Calcium</b>	34%
<b>Iron</b>	2%

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