

Basic Report 01057, Eggnog

Report Date: February 01, 2015 20:45 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 254g	1 fl oz 31.8g	1 quart 1,016g
Proximates					
Water	g	82.54	209.65	26.25	838.61
Energy	kcal	88	224	28	894
Protein	g	4.55	11.56	1.45	46.23
Total lipid (fat)	g	4.19	10.64	1.33	42.57
Carbohydrate, by difference	g	8.05	20.45	2.56	81.79
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	8.05	20.45	2.56	81.79
Minerals					
Calcium, Ca	mg	130	330	41	1321
Iron, Fe	mg	0.20	0.51	0.06	2.03
Magnesium, Mg	mg	19	48	6	193
Phosphorus, P	mg	109	277	35	1107
Potassium, K	mg	165	419	52	1676
Sodium, Na	mg	54	137	17	549
Zinc, Zn	mg	0.46	1.17	0.15	4.67
Vitamins					
Vitamin C, total ascorbic acid	mg	1.5	3.8	0.5	15.2
Thiamin	mg	0.034	0.086	0.011	0.345
Riboflavin	mg	0.190	0.483	0.060	1.930
Niacin	mg	0.105	0.267	0.033	1.067
Vitamin B-6	mg	0.050	0.127	0.016	0.508
Folate, DFE	µg	1	3	0	10
Vitamin B-12	µg	0.45	1.14	0.14	4.57
Vitamin A, RAE	µg	59	150	19	599
Vitamin A, IU	IU	206	523	66	2093
Vitamin E (alpha-tocopherol)	mg	0.21	0.53	0.07	2.13

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Vitamin D (D2 + D3)	µg	1.2	3.0	0.4	12.2
Vitamin D	IU	49	124	16	498
Vitamin K (phylloquinone)	µg	0.3	0.8	0.1	3.0
Lipids					
Fatty acids, total saturated	g	2.591	6.581	0.824	26.325
Fatty acids, total monounsaturated	g	1.302	3.307	0.414	13.228
Fatty acids, total polyunsaturated	g	0.198	0.503	0.063	2.012
Cholesterol	mg	59	150	19	599
Other					
Caffeine	mg	0	0	0	0