

## Basic Report 01057, Eggnog

Report Date: December 13, 2017 19:32 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 254g</b>	<b>1 fl oz 31.8g</b>	<b>1 quart 1,016g</b>
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0