

**CALORIE CONTROL
BRAND** ®

BERNARD FOOD INDUSTRIES, INC.
EVANSTON, IL • TOLL FREE: 1-800-323-3663

EGG NOG TOPPING MIX

REORDER 421023

This holiday favorite is now available in a low-fat, reduced calorie form for health conscious individuals. **Bernard Calorie Control® Egg Nog Mix** is made with no added sugar. Our rich, creamy **Egg Nog** is not only good for you, it is easy to prepare requiring only the addition of water.

Nutritious **Calorie Control® Egg Nog Mix** is not just for the holidays anymore! This flavorful beverage has become a favorite with everyone, including those individuals with special dietary needs, all year round.

Gluten Free

YIELD PER CASE: 144 – ½ cup servings

PACK SIZE: 6 @ 15 oz.

Nutrition Facts

Serving Size 18g mix (1/2 cup prepared)

Servings Per Container 24

Amount Per Serving

Calories 70

Calories from Fat 15

% Daily Value *

Total Fat 1.5 g 2%

Saturated Fat 1 g 4%

Trans Fat 0 g

Cholesterol < 5 mg 1%

Sodium 80 mg 3%

Potassium 200 mg 6%

Total Carbohydrate 10 g 3%

Fiber 0 g 1%

Sugars 6 g

Protein 5 g 9%

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

		Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g	
Saturated Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Fiber		25 g	30 g	

Ingredients: WHEY PROTIEN CONCENTRATE, MALTODEXTRIN, CREAMER POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, SODIUM SILICO ALUMINATE), DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, EMULSIFIER (MONO AND DIGLYCERIDES, NONFAT MILK SOLIDS, MODIFIED CORN STARCH), GUAR GUM, CARRAGEENAN, XANTHAN GUM, NATURAL FLAVOR, ARTIFICIAL FLAVOR, SILICON DIOXIDE, ACESULFAME POTASSIUM, SUCRALOSE, YELLOW #5 AND #6.

Contains MILK, EGG

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Evanston, IL 60204-1497 1-800-323-3663