

Chocolate Nog

Patti Lovejoy

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 12 one-cup servings

7 cups milk, divided
4 egg yolks
1/2 cup creamy peanut butter
3/4 cup chocolate syrup
2 teaspoons vanilla extract
4 egg whites
1 cup whipping cream
ground cinnamon (for garnish)

In a bowl, combine four cups of milk, egg yolks, peanut butter, chocolate syrup and vanilla. Whip until foamy. Pour into a punch bowl.

Add the remaining milk and stir to blend.

In a bowl, beat the egg whites until stiff. Fold into the milk mixture.

In a bowl, beat the whipping cream until stiff. Fold into the milk mixture.

Sprinkle with cinnamon for garnish, if desired.

Per Serving (excluding unknown items): 2690 Calories; 168g Fat (54.5% calories from fat); 90g Protein; 224g Carbohydrate; 4g Dietary Fiber; 1409mg Cholesterol; 1291mg Sodium. Exchanges: 3 Lean Meat; 7 1/2 Non-Fat Milk; 31 Fat; 9 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	2690
% Calories from Fat:	54.5%
% Calories from Carbohydrates:	32.4%
% Calories from Protein:	13.1%
Total Fat (g):	168g
Saturated Fat (g):	98g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	1409mg
Carbohydrate (g):	224g
	4g

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	8.8mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	4.2mg
Folacin (mcg):	204mcg
Niacin (mg):	3mg
Caffeine (mg):	32mg
Alcohol (kcal):	25
% Deficit:	0.0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 90g
Sodium (mg): 1291mg
Potassium (mg): 3648mg
Calcium (mg): 2324mg
Iron (mg): 7mg
Zinc (mg): 11mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 7010IU
Vitamin A (r.e.): 2045 1/2RE

Grain (Starch):
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 7 1/2
Fat: 31
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 2690 **Calories from Fat:** 1467

% Daily Values*

Total Fat 168g	258%
Saturated Fat 98g	489%
Cholesterol 1409mg	470%
Sodium 1291mg	54%
Total Carbohydrates 224g	75%
Dietary Fiber 4g	16%
Protein 90g	
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Vitamin A	140%
Vitamin C	30%
Calcium	232%
Iron	38%

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