

# Fruit Nog

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

## Yield: 20 four-ounce servings

1 can (6 ounce) frozen pineapple juice concentrate, thawed  
2 quarts egg nog  
1 cup orange liqueur  
1/2 cup water  
1/2 teaspoon ground allspice  
1 pint vanilla ice cream  
ground nutmeg (optional)

In a punch bowl, pour the pineapple juice, egg nog, orange liqueur, water and allspice. Stir to blend.

Garnish with scoops of vanilla ice cream.

Sprinkle with nutmeg, if desired.

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Per Serving (excluding unknown items): 1379 Calories; 29g Fat (30.5% calories from fat); 9g Protein; 140g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 216mg Sodium. Exchanges: 0 Grain(Starch); 6 Fat; 4 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

|                                |       |                       |        |
|--------------------------------|-------|-----------------------|--------|
| Calories (kcal):               | 1379  | Vitamin B6 (mg):      | .1mg   |
| % Calories from Fat:           | 30.5% | Vitamin B12 (mcg):    | 1.0mcg |
| % Calories from Carbohydrates: | 65.2% | Thiamin B1 (mg):      | .1mg   |
| % Calories from Protein:       | 4.3%  | Riboflavin B2 (mg):   | .6mg   |
| Total Fat (g):                 | 29g   | Folacin (mcg):        | 14mcg  |
| Saturated Fat (g):             | 18g   | Niacin (mg):          | trace  |
| Monounsaturated Fat (g):       | 8g    | Caffeine (mg):        | 0mg    |
| Polyunsaturated Fat (g):       | 1g    | Alcohol (kcal):       | 846    |
| Cholesterol (mg):              | 116mg | % Refuse:             | n n%   |
| Carbohydrate (g):              | 140g  | <b>Food Exchanges</b> |        |
| Dietary Fiber (g):             | trace | Grain (Starch):       | 0      |
| Protein (g):                   | 9g    | Lean Meat:            | 0      |
| Sodium (mg):                   | 216mg | Vegetable:            | 0      |
| Potassium (mg):                | 536mg | Fruit:                | 0      |

**Calcium (mg):** 347mg  
**Iron (mg):** trace  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1085IU  
**Vitamin A (r.e.):** 309 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 4

## Nutrition Facts

### Amount Per Serving

**Calories** 1379                      **Calories from Fat:** 421

### % Daily Values\*

|                                 |     |
|---------------------------------|-----|
| <b>Total Fat</b> 29g            | 45% |
| Saturated Fat 18g               | 90% |
| <b>Cholesterol</b> 116mg        | 39% |
| <b>Sodium</b> 216mg             | 9%  |
| <b>Total Carbohydrates</b> 140g | 47% |
| Dietary Fiber trace             | 1%  |
| <b>Protein</b> 9g               |     |

|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 22% |
| <b>Vitamin C</b> | 3%  |
| <b>Calcium</b>   | 35% |
| <b>Iron</b>      | 2%  |

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