

# Hot Chocolate Egnog

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

## Yield: 12 four-ounce servings

1 quart eggnog  
2 cups milk,  
1/2 cup chocolate syrup  
nutmeg (optional)

In a saucepan, blend the eggnog, milk and chocolate syrup. Cook over a low heat until thoroughly warmed. Serve in mugs.

Garnish with nutmeg, if desired.

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Per Serving (excluding unknown items): 1988 Calories; 94g Fat (40.8% calories from fat); 57g Protein; 248g Carbohydrate; 3g Dietary Fiber; 666mg Cholesterol; 927mg Sodium. Exchanges: 2 Non-Fat Milk; 19 Fat; 15 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	1988	Vitamin B6 (mg):	.6mg
% Calories from Fat:	40.8%	Vitamin B12 (mcg):	6.8mcg
% Calories from Carbohydrates:	48.0%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	11.1%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	94g	Folacin (mcg):	39mcg
Saturated Fat (g):	56g	Niacin (mg):	2mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	21mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	666mg	% Refuse:	0 0%
Carbohydrate (g):	248g	<b>Food Exchanges</b>	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	57g	Lean Meat:	0
Sodium (mg):	927mg	Vegetable:	0
Potassium (mg):	2834mg	Fruit:	0
Calcium (mg):	1914mg	Non-Fat Milk:	2
Iron (mg):	5mg	Fat:	19
Zinc (mg):	8mg	Other Carbohydrates:	15
Vitamin C (mg):	13mg		

Vitamin A (i.u.): 1808IU  
Vitamin A (r.e.): 535 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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**Calories** 1988 Calories from Fat: 812

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**% Daily Values\***

<b>Total Fat</b> 94g	144%
Saturated Fat 56g	278%
<b>Cholesterol</b> 666mg	222%
<b>Sodium</b> 927mg	39%
<b>Total Carbohydrates</b> 248g	83%
Dietary Fiber 3g	11%
<b>Protein</b> 57g	
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<b>Vitamin A</b>	36%
<b>Vitamin C</b>	22%
<b>Calcium</b>	191%
<b>Iron</b>	26%

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