

# Amazingly Good Eggnog

 Vegetarian  Gluten Free

READY IN



388 min.

SERVINGS



12

CALORIES



554 kcal

BEVERAGE

DRINK

## Ingredients

- 12 egg yolk
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 4 cups cream light
- 2.5 cups rum light
- 4 cups milk
- 1.5 cups sugar
- 2 teaspoons vanilla extract

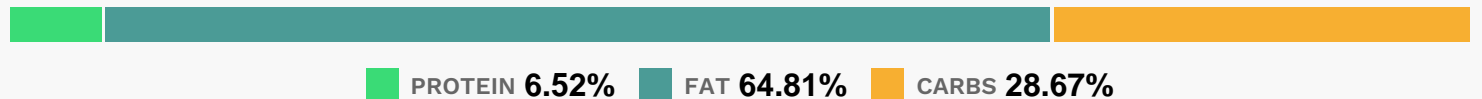
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
- In a large bowl, combine egg yolks and sugar.
- Whisk together until fluffy.
- Whisk hot milk mixture slowly into the eggs.
- Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
- Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.51, Glycemic Load:18.91, Inflammation Score:-6, Nutrition Score:8.6060869240243%

## Nutrients (% of daily need)

Calories: 553.91kcal (27.7%), Fat: 32.11g (49.4%), Saturated Fat: 18.66g (116.62%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 31.86g (11.58%), Sugar: 29.16g (32.4%), Cholesterol: 292.59mg (97.53%), Sodium: 67.47mg (2.93%), Alcohol: 16.93g (100%), Alcohol %: 8.42% (100%), Protein: 7.27g (14.54%), Vitamin A: 1198.92IU (23.98%), Phosphorus: 203.27mg (20.33%), Vitamin B2: 0.31mg (18.49%), Calcium: 180.38mg (18.04%), Selenium: 12.18µg (17.4%), Vitamin B12: 0.95µg (15.83%), Vitamin D: 2.34µg (15.63%), Vitamin B5: 1.05mg (10.49%), Vitamin E: 1.21mg (8.07%), Folate: 29.54µg (7.39%), Vitamin B6: 0.14mg (6.8%), Vitamin B1: 0.1mg (6.65%), Zinc: 0.97mg (6.5%), Potassium: 222.39mg (6.35%), Magnesium: 16.57mg (4.14%), Iron: 0.56mg (3.14%), Manganese: 0.06mg (2.85%), Vitamin K: 2.57µg (2.45%), Copper: 0.03mg (1.72%)