



Ango Nog

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



451 kcal

BEVERAGE

DRINK

Ingredients

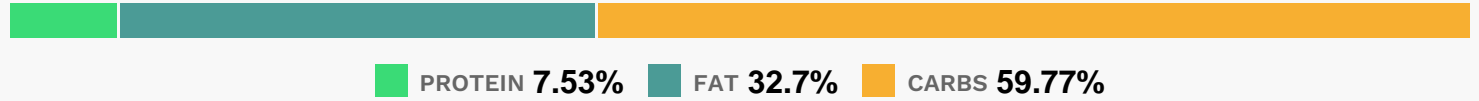
- 1.5 ounces angostura bitters
- 1 eggs fresh
- 0.8 ounce cup heavy whipping cream
- 1 ounce sugar (see note above)

Equipment

Directions

- Crack egg into a cocktail shaker.
- Add Angostura bitters, rich turbinado syrup, and heavy cream. Shake hard without ice to emulsify egg, about 15 seconds. Fill cocktail shaker with ice and shake until well chilled, about 20 seconds. Strain into tall ice-filled glass and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.0091304422721%

Nutrients (% of daily need)

Calories: 450.74kcal (22.54%), Fat: 11.86g (18.25%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 48.77g (16.26%), Net Carbohydrates: 48.77g (17.74%), Sugar: 34.43g (38.26%), Cholesterol: 187.71mg (62.57%), Sodium: 69.07mg (3%), Alcohol: 19.14g (100%), Alcohol %: 17.82% (100%), Protein: 6.15g (12.3%), Selenium: 14.15µg (20.21%), Vitamin B2: 0.24mg (14.18%), Vitamin A: 550.15IU (11%), Phosphorus: 99.74mg (9.97%), Vitamin D: 1.22µg (8.13%), Vitamin B5: 0.73mg (7.29%), Vitamin B12: 0.43µg (7.09%), Folate: 21.53µg (5.38%), Iron: 0.9mg (4.98%), Vitamin E: 0.66mg (4.38%), Calcium: 42.08mg (4.21%), Zinc: 0.63mg (4.18%), Vitamin B6: 0.08mg (4.11%), Potassium: 89.14mg (2.55%), Magnesium: 7.34mg (1.83%), Copper: 0.04mg (1.83%), Vitamin B1: 0.02mg (1.46%), Manganese: 0.03mg (1.28%)