



## Aunt Kat's Creamy Eggnog

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



1026 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.8 cup bourbon
- ☐ 12 eggs
- ☐ 0.5 teaspoon ground nutmeg divided
- ☐ 1 quart milk
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 1 quart whipping cream

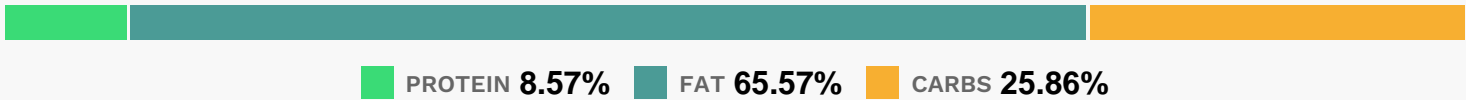
# Equipment

- ☐ sauce pan
- ☐ hand mixer

# Directions

- ☐ Heat milk in a large saucepan over medium heat. (Do not boil.)
- ☐ Beat eggs and salt at medium speed with an electric mixer until thick and pale; gradually add sugar, beating well. Gradually stir about one-fourth of hot milk into egg mixture; add to remaining hot milk, stirring constantly.
- ☐ Cook over medium-low heat, stirring constantly, 25 to 30 minutes or until milk mixture thickens and reaches 16
- ☐ Stir in bourbon, vanilla, and 1/4 teaspoon nutmeg.
- ☐ Remove from heat, and cool. Cover and chill up to 2 days.
- ☐ Beat whipping cream at medium speed with an electric mixer until soft peaks form. Fold whipped cream into milk mixture.
- ☐ Sprinkle with remaining 1/4 teaspoon nutmeg before serving.

# Nutrition Facts



# Properties

Glycemic Index:32.18, Glycemic Load:37.74, Inflammation Score:-9, Nutrition Score:19.875217345098%

# Nutrients (% of daily need)

Calories: 1025.66kcal (51.28%), Fat: 70.58g (108.58%), Saturated Fat: 42.01g (262.55%), Carbohydrates: 62.63g (20.88%), Net Carbohydrates: 62.6g (22.76%), Sugar: 62.74g (69.71%), Cholesterol: 524.52mg (174.84%), Sodium: 325.4mg (14.15%), Alcohol: 10.77g (100%), Alcohol %: 2.81% (100%), Protein: 20.75g (41.5%), Vitamin A: 3049.45IU (60.99%), Vitamin B2: 0.93mg (54.66%), Selenium: 35.05µg (50.07%), Phosphorus: 426.71mg (42.67%), Vitamin D: 6.02µg (40.12%), Calcium: 348.49mg (34.85%), Vitamin B12: 1.89µg (31.45%), Vitamin B5: 2.34mg (23.4%), Vitamin E: 2.45mg (16.36%), Vitamin B6: 0.3mg (15.11%), Potassium: 513.28mg (14.67%), Zinc: 2.18mg (14.56%), Folate: 47.8µg (11.95%), Vitamin B1: 0.16mg (10.51%), Magnesium: 41.1mg (10.27%), Iron: 1.74mg (9.68%), Vitamin K: 5.78µg (5.51%), Copper: 0.1mg (4.77%), Manganese: 0.05mg (2.5%), Vitamin B3: 0.35mg (1.74%), Vitamin C: 0.95mg (1.15%)