



Blender Eggnog

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



414 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup bourbon
- 2 large egg yolk
- 2 large eggs
- 0.3 cup granulated sugar
- 0.7 cup cup heavy whipping cream
- 4 servings ice cubes
- 4 servings grating nutmeg whole for grating
- 0.3 cup rum

1.3 cups milk whole

Equipment

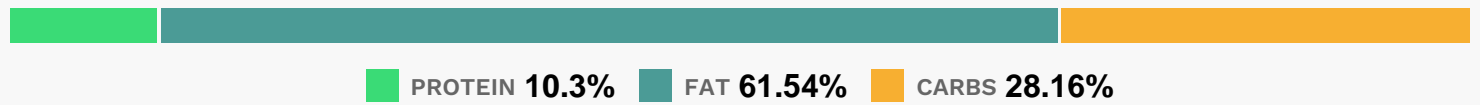
blender

Directions

Place the eggs and egg yolks in a blender and blend on the lowest speed until broken up. With the blender running, slowly add the sugar and blend until completely incorporated and the mixture has lightened in color, about 30 seconds. Slowly pour in the milk, rum, and bourbon and continue blending until combined, about 1 minute total. Slowly add the cream and continue blending until frothy and combined, about 1 minute total. Refrigerate in the blender pitcher for at least 1 hour and up to 4 hours. Just before serving, briefly blend on low speed to aerate and recombine.

Serve over ice, topped with freshly grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:52.02, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:8.6378262120744%

Nutrients (% of daily need)

Calories: 413.85kcal (20.69%), Fat: 22.33g (34.36%), Saturated Fat: 12.75g (79.68%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 22.58g (8.21%), Sugar: 22.41g (24.9%), Cholesterol: 239.38mg (79.79%), Sodium: 84.88mg (3.69%), Alcohol: 13.36g (100%), Alcohol %: 6.29% (100%), Protein: 8.41g (16.83%), Selenium: 15.3µg (21.86%), Vitamin B2: 0.35mg (20.7%), Vitamin A: 974.47IU (19.49%), Phosphorus: 193.66mg (19.37%), Vitamin D: 2.49µg (16.59%), Calcium: 156.71mg (15.67%), Vitamin B12: 0.89µg (14.85%), Vitamin B5: 1.04mg (10.42%), Vitamin B6: 0.14mg (6.97%), Folate: 27.27µg (6.82%), Zinc: 1.01mg (6.75%), Potassium: 211.58mg (6.05%), Vitamin E: 0.89mg (5.92%), Vitamin B1: 0.09mg (5.85%), Magnesium: 20.18mg (5.05%), Iron: 0.79mg (4.41%), Manganese: 0.08mg (4.06%), Copper: 0.07mg (3.44%), Fiber: 0.42g (1.66%), Vitamin K: 1.65µg (1.57%)