



Capital Eggnog



Vegetarian



Gluten Free

READY IN



245 min.

SERVINGS



35

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 pasteurized egg yolks
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups heavy cream
- ☐ 6 cups milk
- ☐ 35 servings nutmeg freshly ground
- ☐ 2 cups sugar

Equipment

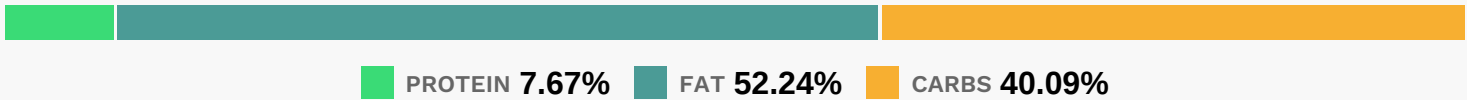
- ☐ sauce pan

☐ whisk

Directions

- ☐ Cook milk, heavy cream, and 1/8 teaspoon ground nutmeg in a saucepan over medium heat, stirring occasionally, 5 to 7 minutes or until steaming (about 150). Reduce heat to low.
- ☐ Whisk together egg yolks and sugar in a large saucepan until smooth. Cook over low heat, whisking constantly, until mixture reaches at least 160 (about 25 minutes).
- ☐ Whisk milk mixture into egg mixture. Cool 30 minutes; transfer to a pitcher. Cover and chill 3 to 24 hours.
- ☐ Pour desired amount of praline or bourbon liqueur into each glass, if desired. Top with eggnog.
- ☐ Sprinkle with freshly ground nutmeg.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:3.4608695617189%

Nutrients (% of daily need)

Calories: 145.75kcal (7.29%), Fat: 8.65g (13.31%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.52g (5.28%), Sugar: 14.42g (16.02%), Cholesterol: 87.04mg (29.01%), Sodium: 22.96mg (1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Phosphorus: 78.48mg (7.85%), Calcium: 72.19mg (7.22%), Vitamin A: 358.72IU (7.17%), Vitamin B2: 0.12mg (7.01%), Selenium: 4.76µg (6.8%), Vitamin D: 1.01µg (6.74%), Vitamin B12: 0.37µg (6.13%), Vitamin B5: 0.38mg (3.75%), Manganese: 0.06mg (3.19%), Vitamin B1: 0.04mg (2.93%), Folate: 11.08µg (2.77%), Vitamin B6: 0.06mg (2.75%), Zinc: 0.39mg (2.6%), Potassium: 89.64mg (2.56%), Magnesium: 9.95mg (2.49%), Vitamin E: 0.31mg (2.04%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.4%), Iron: 0.25mg (1.38%)