

Cappuccino Nog



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 2 cups hot-brewed coffee hot
- ☐ 1 cup rum / brandy / coffee liqueur
- ☐ 6 eggs slightly beaten
- ☐ 0.7 cup granulated sugar
- ☐ 16 servings ground cinnamon
- ☐ 5 cups milk
- ☐ 0.1 teaspoon salt

- ☐ 2 teaspoons vanilla
- ☐ 2 cups whipping cream (heavy)

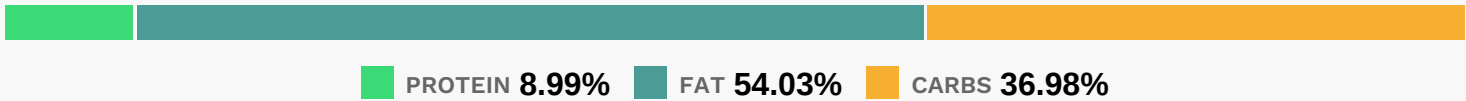
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ dutch oven

Directions

- ☐ Stir together eggs, granulated sugar and salt in heavy Dutch oven. Gradually stir in milk. Cook over low heat 15 to 20 minutes, stirring constantly, just until mixture coats a metal spoon; remove from heat. Stir in vanilla. Stir together coffee and liqueur. Gradually stir coffee mixture into egg mixture; keep warm.
- ☐ Just before serving, beat whipping cream and brown sugar in chilled large bowl with electric mixer on high speed until stiff. Gently stir 2 cups of the whipped cream into egg mixture.
- ☐ Pour into mugs. Top with dollops of remaining whipped cream.
- ☐ Sprinkle with cinnamon.
- ☐ Serve immediately. Immediately refrigerate any remaining nog.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:7.2, Inflammation Score:-4, Nutrition Score:6.6308696088584%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 265.55kcal (13.28%), Fat: 14.85g (22.85%), Saturated Fat: 8.8g (55%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 21.81g (7.93%), Sugar: 21.38g (23.75%), Cholesterol: 104.15mg (34.72%), Sodium: 81.13mg (3.53%), Alcohol: 3.37g (100%), Alcohol %: 2.38% (100%), Caffeine: 11.85mg (3.95%), Protein: 5.56g (11.11%), Manganese: 0.37mg (18.33%), Vitamin B2: 0.26mg (15.41%), Calcium: 144.69mg (14.47%), Vitamin A: 655.85IU (13.12%), Phosphorus: 129.2mg (12.92%), Vitamin D: 1.64µg (10.97%), Selenium: 7.54µg (10.77%), Vitamin B12: 0.61µg (10.1%), Vitamin B5: 0.7mg (6.98%), Potassium: 191.45mg (5.47%), Vitamin B6: 0.09mg (4.46%), Zinc: 0.64mg (4.28%), Fiber: 1.06g (4.25%), Vitamin B1: 0.06mg (3.99%), Magnesium: 15.5mg (3.87%), Vitamin E: 0.53mg (3.56%), Iron: 0.5mg (2.8%), Folate: 9.67µg (2.42%), Vitamin K: 1.88µg (1.79%), Copper: 0.02mg (1.25%)