



Chocolate Eggnog

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



682 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings garnish: baking cocoa
- ☐ 16 oz chocolate syrup canned
- ☐ 2 quarts eggnog
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 cup optional: rum light
- ☐ 1 cup whipping cream

Equipment

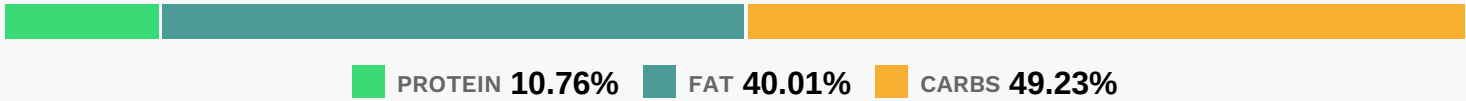
- ☐ bowl

☐ hand mixer

Directions

- ☐ Combine eggnog, chocolate syrup and rum, if using, in a punch bowl, stirring well. Beat whipping cream with an electric mixer on high speed until foamy.
- ☐ Add powdered sugar; continue beating until stiff peaks form. Dollop whipped cream over eggnog; sift cocoa over top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:13.97, Inflammation Score:-7, Nutrition Score:18.087391226188%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 682.24kcal (34.11%), Fat: 28.53g (43.89%), Saturated Fat: 17.77g (111.04%), Carbohydrates: 78.98g (26.33%), Net Carbohydrates: 76.64g (27.87%), Sugar: 66.71g (74.12%), Cholesterol: 230.94mg (76.98%), Sodium: 235.95mg (10.26%), Alcohol: 6.68g (100%), Alcohol %: 1.86% (100%), Caffeine: 6.84mg (2.28%), Protein: 17.26g (34.53%), Phosphorus: 472.51mg (47.25%), Calcium: 448.16mg (44.82%), Vitamin B2: 0.72mg (42.09%), Vitamin D: 4.42µg (29.47%), Magnesium: 116.84mg (29.21%), Vitamin B12: 1.48µg (24.72%), Vitamin A: 1232.93IU (24.66%), Copper: 0.47mg (23.74%), Selenium: 15.66µg (22.37%), Potassium: 743.17mg (21.23%), Manganese: 0.35mg (17.35%), Zinc: 2.17mg (14.5%), Vitamin B5: 1.43mg (14.29%), Iron: 2.41mg (13.41%), Fiber: 2.34g (9.34%), Vitamin B6: 0.18mg (8.88%), Vitamin B1: 0.12mg (8.26%), Vitamin E: 1.04mg (6.96%), Vitamin C: 5.12mg (6.21%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 2.62µg (2.49%), Folate: 6.57µg (1.64%)