



Cocoa Nog



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings garnish: bittersweet chocolate grated
- ☐ 1 pint brandy
- ☐ 4 cups eggnog divided
- ☐ 1 pint rum
- ☐ 6 tablespoons cocoa powder unsweetened

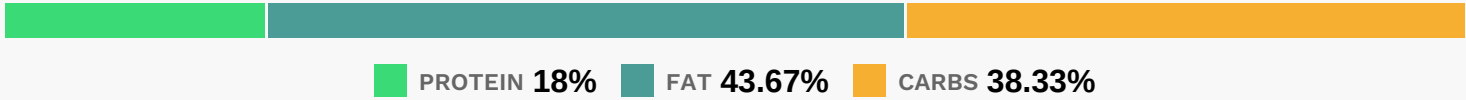
Equipment

- ☐ whisk

Directions

- ☐ Whisk together cocoa powder and 1/3 cup eggnog until smooth. In a pitcher, whisk cocoa mixture into remaining eggnog.
- ☐ Add rum and brandy.
- ☐ Pour 4 ounces into small glasses; top with grated bittersweet chocolate.

Nutrition Facts



Properties

Glycemic Index:2.83, Glycemic Load:1.5, Inflammation Score:-2, Nutrition Score:1.9282608757848%

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: 110.74kcal (5.54%), Fat: 1.94g (2.98%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.38g (1.23%), Sugar: 3.11g (3.46%), Cholesterol: 20.04mg (6.68%), Sodium: 18.91mg (0.82%), Alcohol: 10.54g (100%), Alcohol %: 19.81% (100%), Caffeine: 3.16mg (1.05%), Protein: 1.8g (3.6%), Phosphorus: 48.12mg (4.81%), Calcium: 45.93mg (4.59%), Vitamin B2: 0.07mg (4.03%), Magnesium: 13.18mg (3.3%), Copper: 0.06mg (3.07%), Manganese: 0.06mg (2.95%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.15µg (2.57%), Selenium: 1.65µg (2.36%), Potassium: 77.38mg (2.21%), Fiber: 0.45g (1.8%), Zinc: 0.26mg (1.75%), Iron: 0.28mg (1.57%), Vitamin B5: 0.15mg (1.47%), Vitamin A: 70.27IU (1.41%)