

Coconut Eggnog



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



265 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 14 oz coconut milk canned
- ☐ 4 cinnamon sticks ()
- ☐ 5 large egg yolks
- ☐ 12 servings ground cinnamon
- ☐ 1 pt half-and-half
- ☐ 14 oz condensed milk sweetened canned

Equipment

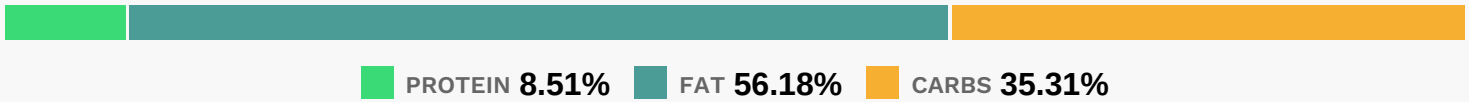
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat half-and-half, cinnamon sticks, and cloves in a saucepan, stirring, until boiling.
- ☐ Remove from heat and let stand for 1 hour. Strain and return to pan.
- ☐ Whisk egg yolks and sweetened condensed milk into half-and-half. Cook, stirring constantly over medium heat, until mixture reaches 160 (don't boil). Stir in coconut milk.
- ☐ Let cool, then chill at least 3 hours and up to 3 days.
- ☐ Buzz half of mixture at a time in a blender until frothy.
- ☐ Pour into a bowl and stir in rum if you like. Ladle into glasses and sprinkle with ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:11.02, Inflammation Score:-3, Nutrition Score:8.6656521403271%

Nutrients (% of daily need)

Calories: 264.53kcal (13.23%), Fat: 17.2g (26.46%), Saturated Fat: 12.25g (76.59%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 21.92g (7.97%), Sugar: 20.83g (23.15%), Cholesterol: 101.55mg (33.85%), Sodium: 74.74mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Manganese: 0.86mg (43.12%), Phosphorus: 183.86mg (18.39%), Calcium: 182.28mg (18.23%), Selenium: 12.27µg (17.53%), Vitamin B2: 0.25mg (14.87%), Fiber: 2.41g (9.64%), Potassium: 283.11mg (8.09%), Vitamin A: 339.38IU (6.79%), Magnesium: 27.03mg (6.76%), Vitamin B5: 0.65mg (6.46%), Zinc: 0.91mg (6.05%), Iron: 1.08mg (6.01%), Vitamin B12: 0.36µg (5.98%), Copper: 0.11mg (5.63%), Folate: 20.64µg (5.16%), Vitamin B1: 0.06mg (4.22%), Vitamin B6: 0.08mg (3.86%), Vitamin E: 0.46mg (3.05%), Vitamin D: 0.45µg (2.99%), Vitamin C: 2.26mg (2.74%), Vitamin B3: 0.41mg (2.04%), Vitamin K: 1.78µg (1.7%)