

Coconut Eggnog



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



3

CALORIES



1183 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 13.5 ounce coconut milk canned
- ☐ 3 servings garnishes: coconut shaved
- ☐ 1 cup malibu coconut rum
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1.5 cups heavy cream
- ☐ 14 ounce condensed milk sweetened canned

☐ 1 tablespoon vanilla extract

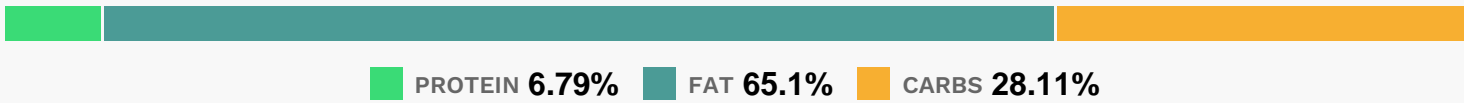
Equipment

- ☐ bowl
- ☐ double boiler
- ☐ ice cream machine

Directions

- ☐ Pour water to a depth of 1 inch into bottom of a double boiler over medium heat; bring to a boil. Reduce heat, and simmer; place cream and eggs in top of double boiler over simmering water. Cook, stirring constantly, 4 minutes or until mixture thickens and reaches 16
- ☐ Remove from heat, and transfer to a large bowl.
- ☐ Stir in coconut milk and next 5 ingredients. Cover and chill 3 hours.
- ☐ Garnish, if desired.
- ☐ Make It Dessert! Leftovers aren't likely, but if you have them, turn them into a delicious frozen treat.
- ☐ Pour mixture into an ice cream maker, and chill it according to manufacturer's directions. The results will be slightly softer than traditional ice cream because of the rum. Try it drizzled with caramel sauce.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:43.93, Inflammation Score:-9, Nutrition Score:26.275217595308%

Nutrients (% of daily need)

Calories: 1183.34kcal (59.17%), Fat: 87.67g (134.88%), Saturated Fat: 62.48g (390.53%), Carbohydrates: 85.17g (28.39%), Net Carbohydrates: 81.06g (29.48%), Sugar: 80.42g (89.35%), Cholesterol: 288.57mg (96.19%), Sodium: 262.02mg (11.39%), Alcohol: 1.49g (100%), Alcohol %: 0.38% (100%), Protein: 20.57g (41.13%), Manganese: 1.7mg (85.18%), Phosphorus: 591.31mg (59.13%), Selenium: 40.15µg (57.36%), Vitamin B2: 0.91mg (53.74%), Calcium: 516.01mg (51.6%), Vitamin A: 2268.08IU (45.36%), Potassium: 998.04mg (28.52%), Magnesium: 95.8mg (23.95%), Copper: 0.41mg (20.25%), Vitamin B5: 1.99mg (19.9%), Zinc: 2.81mg (18.76%), Vitamin D: 2.76µg (18.37%), Iron:

3.19mg (17.75%), Vitamin B12: 1.03µg (17.23%), Fiber: 4.1g (16.41%), Folate: 53.69µg (13.42%), Vitamin B1: 0.19mg (12.6%), Vitamin E: 1.87mg (12.5%), Vitamin B6: 0.21mg (10.33%), Vitamin C: 7.81mg (9.47%), Vitamin B3: 1.4mg (6.99%), Vitamin K: 5.78µg (5.51%)