



Creamy Coffee Eggnog

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups eggnog
- 3 cups gevalia roast french cooled brewed
- 0.1 tsp ground nutmeg
- 0.8 cup cool whip whipped topping thawed

Equipment

Directions

- Mix coffee and eggnog in glass or plastic pitcher.
- Refrigerate 1 hour.
- Serve topped with COOL WHIP and nutmeg.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:3.38, Inflammation Score:-2, Nutrition Score:10.732608727949%

Nutrients (% of daily need)

Calories: 149.36kcal (7.47%), Fat: 5.43g (8.35%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 7.47g (2.72%), Sugar: 7.47g (8.3%), Cholesterol: 45.07mg (15.02%), Sodium: 75.72mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.3%), Vitamin B6: 0.67mg (33.65%), Vitamin B12: 1.61µg (26.84%), Phosphorus: 239.88mg (23.99%), Vitamin B3: 4.79mg (23.96%), Zinc: 3.31mg (22.06%), Selenium: 14.55µg (20.79%), Vitamin B2: 0.34mg (20.09%), Potassium: 391.99mg (11.2%), Calcium: 105.94mg (10.59%), Iron: 1.77mg (9.83%), Vitamin B1: 0.14mg (9.33%), Magnesium: 31.96mg (7.99%), Vitamin B5: 0.76mg (7.65%), Vitamin D: 0.91µg (6.1%), Copper: 0.11mg (5.65%), Vitamin A: 161.16IU (3.22%), Vitamin C: 1.14mg (1.39%), Vitamin E: 0.19mg (1.25%)