



Creamy Eggnog

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



10

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

- 3 eggs slightly beaten
- 0.3 cup granulated sugar
- 10 servings nutmeg
- 0.5 cup rum light
- 2.5 cups milk
- 2 tablespoons powdered sugar
- 1 Dash salt
- 0.5 teaspoon vanilla

- 1 teaspoon vanilla
- 1 cup whipping cream

Equipment

- bowl
- sauce pan
- hand mixer

Directions

- In 2-quart heavy saucepan, stir eggs, granulated sugar and salt until well mixed. Gradually stir in milk. Cook over medium heat 10 to 15 minutes, stirring constantly, until mixture just coats a metal spoon; remove from heat. Stir in 1 teaspoon vanilla.
- Place saucepan in cold water until custard is cool. (If custard curdles, beat vigorously with hand beater until smooth.) Cover and refrigerate at least 2 hours but no longer than 24 hours.
- Just before serving, in chilled medium bowl, beat whipping cream, powdered sugar and 1/2 teaspoon vanilla with electric mixer on high speed until stiff. Gently stir 1 cup of the whipped cream, the rum and food color into custard.
- Pour custard mixture into small punch bowl. Drop remaining whipped cream in mounds onto custard mixture.
- Sprinkle with nutmeg.
- Serve immediately. Store in refrigerator up to 2 days.

Nutrition Facts

 PROTEIN **9.77%**  FAT **61.9%**  CARBS **28.33%**

Properties

Glycemic Index:19.31, Glycemic Load:6.14, Inflammation Score:-4, Nutrition Score:4.6247826063115%

Nutrients (% of daily need)

Calories: 208.23kcal (10.41%), Fat: 12.55g (19.3%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 12.5g (4.55%), Sugar: 12.54g (13.94%), Cholesterol: 83.32mg (27.77%), Sodium: 52.82mg (2.3%), Alcohol: 4.21g (100%), Alcohol %: 4.42% (100%), Protein: 4.46g (8.91%), Vitamin B2: 0.19mg (11.35%), Phosphorus:

106.33mg (10.63%), Vitamin A: 522IU (10.44%), Calcium: 101.96mg (10.2%), Vitamin D: 1.32µg (8.77%), Selenium: 6.01µg (8.58%), Vitamin B12: 0.49µg (8.08%), Vitamin B5: 0.49mg (4.91%), Potassium: 140.62mg (4.02%), Magnesium: 14.3mg (3.58%), Vitamin B6: 0.07mg (3.57%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.46%), Manganese: 0.07mg (3.41%), Vitamin E: 0.39mg (2.59%), Folate: 8.68µg (2.17%), Copper: 0.04mg (1.84%), Iron: 0.33mg (1.81%), Fiber: 0.42g (1.66%)