



## Creamy Eggnog

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



10

CALORIES



207 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 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 9.78%** **FAT 61.97%** **CARBS 28.25%**

## Properties

Glycemic Index:19.31, Glycemic Load:6.14, Inflammation Score:-4, Nutrition Score:4.6191303937331%

## Nutrients (% of daily need)

Calories: 207.08kcal (10.35%), Fat: 12.55g (19.3%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.45g (4.53%), Sugar: 12.49g (13.88%), Cholesterol: 83.32mg (27.77%), Sodium: 52.78mg (2.29%), Alcohol: 4.08g (100%), Alcohol %: 4.29% (100%), Protein: 4.46g (8.91%), Vitamin B2: 0.19mg (11.33%), Phosphorus: 106.3mg (10.63%), Vitamin A: 522IU (10.44%), Calcium: 101.92mg (10.19%), Vitamin D: 1.32µg (8.77%), Selenium: 6.01µg (8.58%), Vitamin B12: 0.49µg (8.08%), Vitamin B5: 0.49mg (4.91%), Potassium: 140.03mg (4%),

Vitamin B6: 0.07mg (3.57%), Magnesium: 14.25mg (3.56%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.46%), Manganese: 0.07mg (3.37%), Vitamin E: 0.39mg (2.59%), Folate: 8.68µg (2.17%), Copper: 0.04mg (1.83%), Iron: 0.32mg (1.81%), Fiber: 0.42g (1.66%)