



## Creamy Eggnog

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



10

CALORIES



199 kcal

BEVERAGE

DRINK

## Ingredients

- 3 eggs slightly beaten
- 0.3 cup granulated sugar
- 1 Dash salt
- 2.5 cups milk
- 1 teaspoon vanilla
- 1 cup whipping cream
- 2 tablespoons powdered sugar
- 0.5 teaspoon vanilla

- 0.5 cup rum light
- 1 food coloring yellow
- 1 serving nutmeg

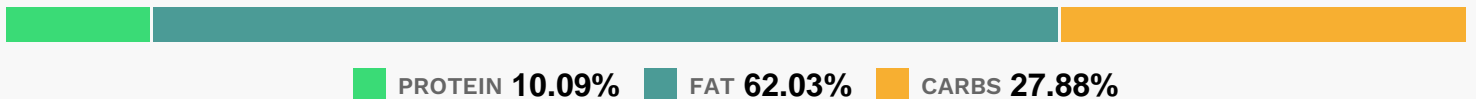
## Equipment

- 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



## Properties

Glycemic Index:19.31, Glycemic Load:5.78, Inflammation Score:-3, Nutrition Score:4.2534782322853%

## Nutrients (% of daily need)

Calories: 198.78kcal (9.94%), Fat: 11.89g (18.3%), Saturated Fat: 7.07g (44.21%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.99g (4.36%), Sugar: 12.03g (13.37%), Cholesterol: 83.32mg (27.77%), Sodium: 52.53mg (2.28%),

Alcohol: 4.21g (100%), Alcohol %: 4.48% (100%), Protein: 4.35g (8.7%), Vitamin B2: 0.19mg (11.29%), Vitamin A: 520.16IU (10.4%), Phosphorus: 102.49mg (10.25%), Calcium: 98.65mg (9.86%), Vitamin D: 1.32µg (8.77%), Selenium: 5.98µg (8.54%), Vitamin B12: 0.49µg (8.08%), Vitamin B5: 0.49mg (4.91%), Potassium: 134.32mg (3.84%), Vitamin B6: 0.07mg (3.43%), Zinc: 0.49mg (3.25%), Vitamin B1: 0.05mg (3.05%), Magnesium: 11.01mg (2.75%), Vitamin E: 0.39mg (2.59%), Folate: 7.31µg (1.83%), Iron: 0.27mg (1.5%)