



Creamy Sorghum Eggnog

READY IN



5 min.

SERVINGS



5

CALORIES



601 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup bourbon
- ☐ 2 qt eggnog refrigerated
- ☐ 5 servings gingersnaps crushed
- ☐ 3 cups milk
- ☐ 0.5 cup sorghum syrup

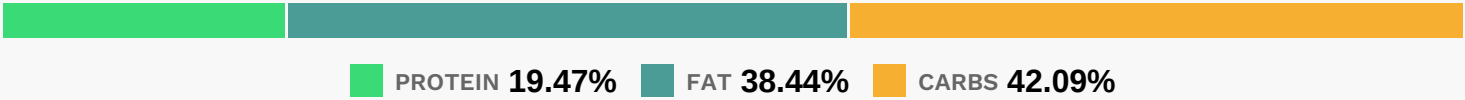
Equipment

- ☐ whisk

Directions

- ☐ Whisk together bourbon and sorghum. Stir in eggnog and milk. Chill until ready to serve.
- ☐ Sprinkle individual servings with crushed gingersnaps.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:19.36, Inflammation Score:-7, Nutrition Score:20.593478550082%

Nutrients (% of daily need)

Calories: 601.08kcal (30.05%), Fat: 21.28g (32.73%), Saturated Fat: 12.64g (79%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 51.18g (18.61%), Sugar: 37.71g (41.9%), Cholesterol: 240.91mg (80.3%), Sodium: 267.23mg (11.62%), Alcohol: 16.03g (100%), Alcohol %: 3.43% (100%), Protein: 24.25g (48.5%), Calcium: 678.32mg (67.83%), Phosphorus: 618.33mg (61.83%), Vitamin B2: 0.95mg (56.08%), Vitamin B12: 2.49µg (41.57%), Vitamin D: 6.15µg (41.02%), Selenium: 18.73µg (26.76%), Potassium: 915.81mg (26.17%), Magnesium: 89.98mg (22.5%), Vitamin B5: 2.13mg (21.28%), Vitamin A: 1016.98IU (20.34%), Vitamin B1: 0.26mg (17.4%), Zinc: 2.37mg (15.77%), Vitamin B6: 0.28mg (14%), Iron: 1.69mg (9.36%), Vitamin C: 5.68mg (6.88%), Vitamin E: 0.88mg (5.85%), Vitamin B3: 1.15mg (5.76%), Fiber: 1.23g (4.93%), Copper: 0.06mg (3.19%), Manganese: 0.05mg (2.45%), Vitamin K: 1.6µg (1.52%), Folate: 4.66µg (1.16%)