



Creamy Winter Nog



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brandy
- ☐ 6 tablespoons rum / brandy / coffee liqueur
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 quart whipped cream softened

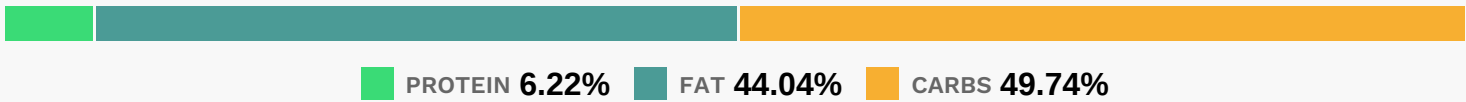
Equipment

Directions

- ☐
- Combine first 3 ingredients, stirring until smooth.

☐☐

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:16.54, Inflammation Score:-4, Nutrition Score:4.6995651449846%

Nutrients (% of daily need)

Calories: 318.43kcal (15.92%), Fat: 13.07g (20.11%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 32.37g (11.77%), Sugar: 30.36g (33.73%), Cholesterol: 52.05mg (17.35%), Sodium: 95.7mg (4.16%), Alcohol: 7.45g (100%), Alcohol %: 6.53% (100%), Protein: 4.16g (8.31%), Vitamin B2: 0.28mg (16.74%), Calcium: 151.53mg (15.15%), Phosphorus: 124.94mg (12.49%), Vitamin A: 498.08IU (9.96%), Vitamin B12: 0.46µg (7.69%), Vitamin B5: 0.69mg (6.87%), Potassium: 235.92mg (6.74%), Zinc: 0.82mg (5.49%), Magnesium: 16.68mg (4.17%), Fiber: 0.84g (3.36%), Vitamin B1: 0.05mg (3.31%), Selenium: 2.13µg (3.04%), Vitamin B6: 0.06mg (2.85%), Vitamin E: 0.35mg (2.37%), Vitamin D: 0.24µg (1.58%), Copper: 0.03mg (1.55%), Folate: 5.96µg (1.49%)