

Dad's Eggnog



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



384 kcal

BEVERAGE

DRINK

Ingredients

- 1 Dash allspice
- 1 cup brandy
- 5 egg yolks
- 4 cups half-and-half
- 0.5 cup spiced rum
- 0.5 cup sugar
- 2 cups milk whole

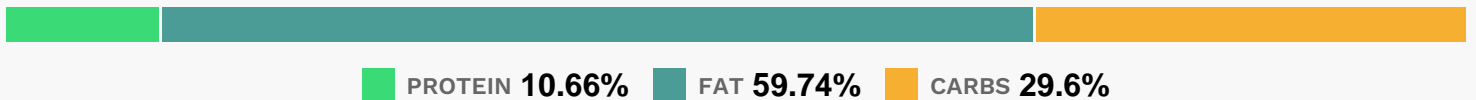
Equipment

- bowl
- sauce pan
- ladle
- whisk
- wooden spoon

Directions

- Combine the half-and-half, whole milk, allspice and sugar in a large saucepan and heat until steaming.
- Whisk the egg yolks in a small bowl and ladle some of the hot mixture into the bowl while whisking constantly. Then whisk the tempered egg mixture back into the remaining hot liquid. Stir until mixture coats the back of a wooden spoon, then place immediately into an ice water bath. Once it has cooled down to room temperature, add liquors and chill.
- Serve very cold.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:9.83, Inflammation Score:-5, Nutrition Score:7.779565203449%

Nutrients (% of daily need)

Calories: 384.07kcal (19.2%), Fat: 18.91g (29.09%), Saturated Fat: 10.72g (67.01%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 21.03g (7.65%), Sugar: 20.47g (22.74%), Cholesterol: 171.17mg (57.06%), Sodium: 103.16mg (4.49%), Alcohol: 15.03g (100%), Alcohol %: 7.59% (100%), Protein: 7.59g (15.18%), Vitamin B2: 0.38mg (22.51%), Phosphorus: 222.52mg (22.25%), Calcium: 220.79mg (22.08%), Selenium: 11.41µg (16.3%), Vitamin A: 690.73IU (13.81%), Vitamin B12: 0.78µg (12.98%), Vitamin B5: 0.91mg (9.14%), Vitamin D: 1.28µg (8.52%), Potassium: 267.24mg (7.64%), Vitamin B6: 0.14mg (6.9%), Zinc: 1mg (6.68%), Vitamin B1: 0.09mg (6.21%), Magnesium: 20.32mg (5.08%), Folate: 20.15µg (5.04%), Vitamin E: 0.62mg (4.16%), Iron: 0.41mg (2.28%), Vitamin K: 1.83µg (1.75%), Copper: 0.03mg (1.59%), Vitamin C: 1.19mg (1.44%), Manganese: 0.03mg (1.29%), Vitamin B3: 0.21mg (1.06%)