

Dark Chocolate Cinnamon Easter Egnog

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



656 kcal

BEVERAGE

DRINK

Ingredients

- 4 egg yolk
- 2 cups milk
- 1 cup granulated sugar
- 0.3 cup chocolate dark finely chopped
- 2 tablespoons cocoa powder dark unsweetened
- 0.3 teaspoon cinnamon
- 1 cup cup heavy whipping cream
- 0.3 cup chocolate (such as Godiva Original Liqueur)

- 1 teaspoon vanilla

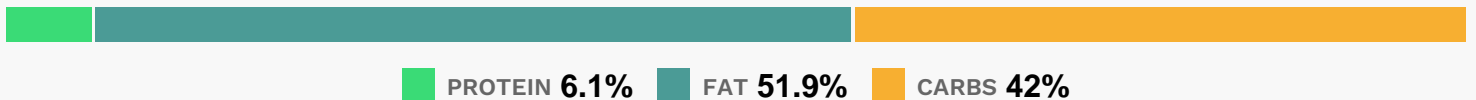
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a medium saucepan over medium heat, whisk together egg yolks, milk, sugar, dark chocolate, cocoa powder, and cinnamon. When mixture is well combined and just starts to boil and bubble, remove from heat.
- Pour mixture in a bowl over an ice bath and whisk for several minutes until cool.
- Whisk in cream, liqueur, and vanilla.
- Serve immediately or store in refrigerator.
- Top with whipped cream and cinnamon if desired.
- Makes 4 (about 1-cup servings)
- SNAPPY TIPS: Make sure you whisk the egg yolks and liquids well while over the heat so that the eggs dont curdle.
- SNAPPY SUBSTITUTIONS: If you dont like dark chocolate you could use original unsweetened cocoa powder, and substitute your favorite chopped chocolate for the chopped dark chocolate. You can also substitute any liqueur for the chocolate liqueur.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:40.51, Inflammation Score:-7, Nutrition Score:14.045652173913%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Taste

Sweetness: 100%, Saltiness: 27.38%, Sourness: 12.7%, Bitterness: 15.42%, Savoriness: 19.46%, Fattiness: 61.87%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 655.71kcal (32.79%), Fat: 39.06g (60.09%), Saturated Fat: 22.75g (142.19%), Carbohydrates: 71.13g (23.71%), Net Carbohydrates: 68.35g (24.85%), Sugar: 66.03g (73.37%), Cholesterol: 276.6mg (92.2%), Sodium: 76.13mg (3.31%), Alcohol: 0.34g (1.91%), Caffeine: 21.72mg (7.24%), Protein: 10.33g (20.66%), Phosphorus: 296.19mg (29.62%), Vitamin A: 1336.48IU (26.73%), Vitamin B2: 0.43mg (25.09%), Calcium: 228.22mg (22.82%), Selenium: 15.89µg (22.71%), Vitamin D: 3.27µg (21.77%), Manganese: 0.4mg (20.23%), Vitamin B12: 1.14µg (18.93%), Copper: 0.38mg (18.85%), Magnesium: 69.67mg (17.42%), Iron: 2.54mg (14.1%), Vitamin B5: 1.21mg (12.06%), Zinc: 1.76mg (11.74%), Potassium: 410.09mg (11.72%), Fiber: 2.79g (11.14%), Vitamin B6: 0.17mg (8.53%), Vitamin B1: 0.12mg (7.99%), Vitamin E: 1.17mg (7.81%), Folate: 29.8µg (7.45%), Vitamin K: 3.99µg (3.8%), Vitamin B3: 0.42mg (2.1%)