



Easy Eggnog Ice Cream

 Gluten Free

READY IN



165 min.

SERVINGS



8

CALORIES



175 kcal

Ingredients

- ☐ 2 cups eggnog
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup milk

Equipment

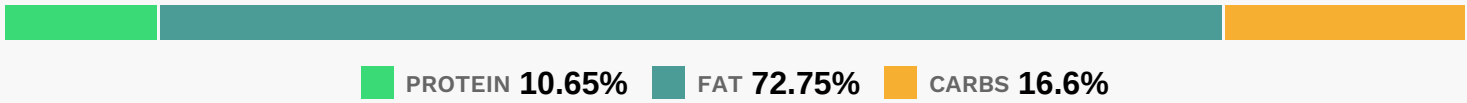
- ☐ bowl
- ☐ ice cream machine

Directions

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Mix the eggnog, whipping cream, and milk together in a bowl, and pour the mixture into the freezer container of an ice cream maker. Freeze according to manufacturer's directions. Once frozen, spoon the ice cream into a container, and freeze 2 hours more.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:4.6560869301143%

Nutrients (% of daily need)

Calories: 175.33kcal (8.77%), Fat: 14.38g (22.12%), Saturated Fat: 9.05g (56.59%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 7.38g (2.68%), Sugar: 7.45g (8.27%), Cholesterol: 74.74mg (24.91%), Sodium: 53.91mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.47%), Calcium: 139.7mg (13.97%), Vitamin B2: 0.22mg (12.86%), Vitamin A: 617.54IU (12.35%), Phosphorus: 117.28mg (11.73%), Vitamin D: 1.57µg (10.49%), Vitamin B12: 0.5µg (8.3%), Selenium: 4.14µg (5.91%), Potassium: 178.79mg (5.11%), Vitamin B5: 0.45mg (4.54%), Magnesium: 17.81mg (4.45%), Zinc: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.97%), Vitamin E: 0.42mg (2.82%), Vitamin C: 1.13mg (1.37%), Vitamin K: 1.23µg (1.18%)