



Egg Nog

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 6 large eggs lightly beaten
- ☐ 2 cups milk
- ☐ 0.3 cup rum
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 8 servings garnishes: whipped cream fresh grated
- ☐ 2 cups whipping cream

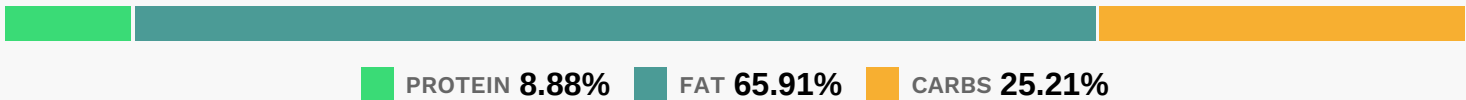
Equipment

- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Stir together egg and sugar in a large saucepan; gradually stir in milk. Cook over medium heat, stirring constantly, 18 to 20 minutes or until mixture thickens and coats a metal spoon.
- ☐ Remove from heat; stir in brandy, rum, and vanilla. Cover and chill 8 hours.
- ☐ Beat whipping cream at high speed with an electric mixer until soft peaks form; fold into chilled egg mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:14.58, Inflammation Score:-6, Nutrition Score:8.1669564843178%

Nutrients (% of daily need)

Calories: 471.44kcal (23.57%), Fat: 28.39g (43.68%), Saturated Fat: 16.82g (105.15%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 24.44g (8.89%), Sugar: 24.21g (26.9%), Cholesterol: 218.62mg (72.87%), Sodium: 93.68mg (4.07%), Alcohol: 13.08g (100%), Alcohol %: 7.47% (100%), Protein: 8.61g (17.22%), Vitamin A: 1217.07IU (24.34%), Vitamin B2: 0.38mg (22.23%), Selenium: 14.65µg (20.93%), Phosphorus: 177.31mg (17.73%), Vitamin D: 2.4µg (15.98%), Calcium: 141.73mg (14.17%), Vitamin B12: 0.78µg (12.93%), Vitamin B5: 0.97mg (9.73%), Vitamin E: 1.01mg (6.73%), Vitamin B6: 0.13mg (6.25%), Zinc: 0.92mg (6.12%), Potassium: 212.13mg (6.06%), Folate: 20.18µg (5.05%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.84mg (4.21%), Iron: 0.75mg (4.14%), Copper: 0.05mg (2.26%), Vitamin K: 2.31µg (2.2%), Manganese: 0.02mg (1.24%)