

Eggless Eggnog

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



154 kcal

BEVERAGE

DRINK

Ingredients

- 3.5 ounce vanilla pudding french instant
- 1.5 quarts milk
- 0.5 teaspoon nutmeg
- 2.5 teaspoons rum extract flavored

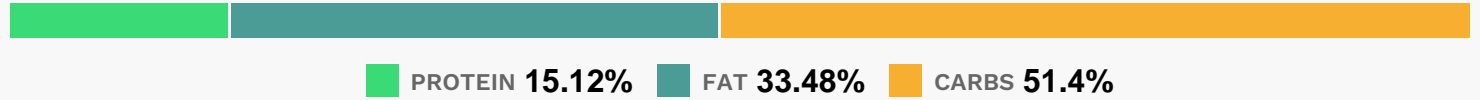
Equipment

- bowl

Directions

- In a large bowl, combine the pudding mix with 2 cups of milk, following package directions; allow to chill for 5 minutes.
- To the pudding stir in the rum flavoring and nutmeg, then slowly mix in the remaining 4 cups of milk until the mixture is a thick but drinkable consistency. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:3.17, Inflammation Score:-3, Nutrition Score:5.8321739112877%

Nutrients (% of daily need)

Calories: 154.13kcal (7.71%), Fat: 5.77g (8.88%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 19.84g (7.22%), Sugar: 18.41g (20.46%), Cholesterol: 21.29mg (7.1%), Sodium: 146.21mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Calcium: 219.1mg (21.91%), Phosphorus: 179.73mg (17.97%), Vitamin B12: 0.96µg (15.97%), Vitamin B2: 0.25mg (14.5%), Vitamin D: 1.95µg (13.01%), Potassium: 269.08mg (7.69%), Vitamin B1: 0.1mg (6.65%), Vitamin B5: 0.66mg (6.62%), Vitamin A: 287.58IU (5.75%), Vitamin B6: 0.11mg (5.42%), Magnesium: 21.52mg (5.38%), Selenium: 3.48µg (4.98%), Zinc: 0.73mg (4.88%)