



Eggnog

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



470 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups milk
- 1 cup sugar
- 12 large egg yolk
- 1 cup cup heavy whipping cream chilled

Equipment

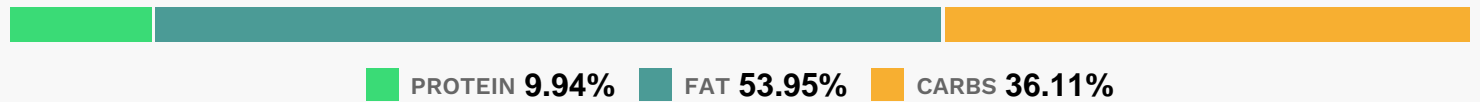
- bowl
- frying pan
- sauce pan

- whisk
- plastic wrap

Directions

- In medium saucepan, whisk milk and sugar over medium heat until sugar is dissolved, 1 to 2 minutes. In a large bowl, whisk egg yolks.
- Whisking constantly, pour hot mixture into yolks in a slow and steady stream.
- Return mixture to pan; cook over medium-low heat, stirring often, until thick enough to coat back of spoon, 20 to 25 minutes; do not let simmer. Quickly strain into a bowl. Stir in bourbon, if desired, and cream. Cool completely; cover with plastic wrap; refrigerate until chilled.
- Garnish with nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:26.16, Inflammation Score:-6, Nutrition Score:13.10130420068%

Nutrients (% of daily need)

Calories: 470.28kcal (23.51%), Fat: 28.64g (44.06%), Saturated Fat: 15.4g (96.22%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 43.14g (15.69%), Sugar: 42.44g (47.16%), Cholesterol: 431.54mg (143.85%), Sodium: 89.18mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.74%), Selenium: 23.52µg (33.6%), Phosphorus: 319.9mg (31.99%), Vitamin B2: 0.48mg (28.52%), Vitamin D: 4.26µg (28.4%), Calcium: 270.45mg (27.05%), Vitamin B12: 1.6µg (26.75%), Vitamin A: 1336.9IU (26.74%), Vitamin B5: 1.72mg (17.24%), Folate: 51.23µg (12.81%), Vitamin B6: 0.23mg (11.61%), Vitamin B1: 0.16mg (10.59%), Zinc: 1.55mg (10.32%), Potassium: 319.41mg (9.13%), Vitamin E: 1.32mg (8.82%), Magnesium: 24mg (6%), Iron: 0.98mg (5.47%), Vitamin K: 2µg (1.9%), Copper: 0.03mg (1.73%), Manganese: 0.03mg (1.35%), Vitamin B3: 0.2mg (1.02%)