



Eggnog

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



303 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.3 ounces bourbon
- ☐ 1.3 ounces rum dark
- ☐ 4 egg whites
- ☐ 4 egg yolks
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 0.3 cup sugar
- ☐ 1 pint milk whole

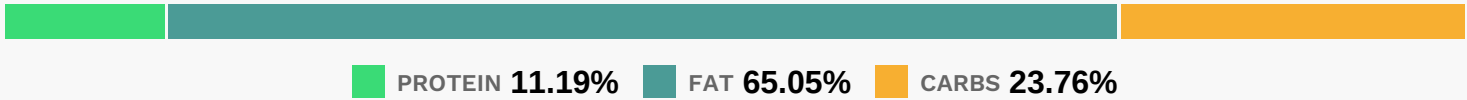
Equipment

- ☐ bowl
- ☐ stand mixer

Directions

- ☐ In the bowl of a stand mixer beat together the egg yolks and 1/3 cup sugar until the yolks lighten in color and the sugar is completely dissolved.
- ☐ Add the milk, cream, bourbon, rum, and nutmeg and stir to combine.
- ☐ Place the egg whites in the bowl of a stand mixer and beat to soft peaks. With the mixer still running gradually add the 1 tablespoon of sugar and beat until stiff peaks form. Gently fold the egg whites into the mixture. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:34.68, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:7.0860869793788%

Nutrients (% of daily need)

Calories: 303.04kcal (15.15%), Fat: 20.21g (31.1%), Saturated Fat: 11.82g (73.89%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 16.55g (6.02%), Sugar: 16.34g (18.16%), Cholesterol: 183.89mg (61.3%), Sodium: 79.92mg (3.47%), Alcohol: 3.95g (100%), Alcohol %: 2.88% (100%), Protein: 7.82g (15.64%), Vitamin B2: 0.34mg (19.84%), Selenium: 13.48µg (19.26%), Vitamin A: 884.24IU (17.68%), Phosphorus: 153.64mg (15.36%), Vitamin D: 2.15µg (14.33%), Calcium: 140.79mg (14.08%), Vitamin B12: 0.74µg (12.36%), Vitamin B5: 0.79mg (7.92%), Potassium: 203.28mg (5.81%), Vitamin B6: 0.11mg (5.28%), Vitamin B1: 0.08mg (5.06%), Folate: 20.16µg (5.04%), Zinc: 0.71mg (4.76%), Vitamin E: 0.71mg (4.76%), Magnesium: 15.65mg (3.91%), Iron: 0.4mg (2.24%), Vitamin K: 1.59µg (1.51%), Copper: 0.03mg (1.28%), Manganese: 0.02mg (1.23%)