



# Eggnog

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



265 kcal

BEVERAGE

DRINK

## Ingredients

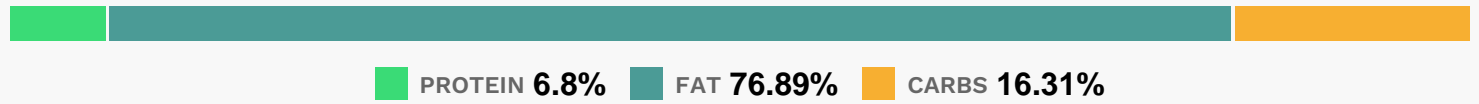
- 1 cup bourbon
- 1 cup cognac
- 12 eggs separated
- 30 servings nutmeg
- 1 cup milk
- 0.5 teaspoon salt
- 1 cup sugar
- 6 cups whipping cream

# Equipment

## Directions

- Combine egg yolks, sugar, and milk, beating until thick and frothy. Gradually stir in bourbon and cognac. Chill several hours.
- Combine egg whites (at room temperature) and salt, beating until stiff peaks form. Gently fold whites and whipped cream into egg yolk mixture. Chill at least 1 hour.
- Sprinkle with nutmeg before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.94, Glycemic Load:5.2, Inflammation Score:-5, Nutrition Score:4.2843478373859%

## Nutrients (% of daily need)

Calories: 265.01kcal (13.25%), Fat: 19.87g (30.56%), Saturated Fat: 12.17g (76.06%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 9.07g (3.3%), Sugar: 9.07g (10.08%), Cholesterol: 120.24mg (40.08%), Sodium: 80.24mg (3.49%), Alcohol: 5.34g (100%), Alcohol %: 6.9% (100%), Protein: 3.95g (7.91%), Vitamin A: 809.98IU (16.2%), Vitamin B2: 0.18mg (10.83%), Selenium: 7.06µg (10.08%), Vitamin D: 1.2µg (8.02%), Phosphorus: 75.57mg (7.56%), Calcium: 55.05mg (5.5%), Vitamin B12: 0.28µg (4.61%), Vitamin B5: 0.42mg (4.22%), Vitamin E: 0.63mg (4.18%), Manganese: 0.07mg (3.35%), Folate: 11.7µg (2.92%), Zinc: 0.42mg (2.83%), Vitamin B6: 0.05mg (2.75%), Potassium: 89.17mg (2.55%), Magnesium: 10.08mg (2.52%), Iron: 0.43mg (2.37%), Copper: 0.04mg (2.12%), Vitamin B1: 0.03mg (1.93%), Fiber: 0.42g (1.66%), Vitamin K: 1.6µg (1.52%)