

Eggnog Blend

READY IN



490 min.

SERVINGS



8

CALORIES



744 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.7 cup rum dark
- ☐ 11 egg yolks beaten
- ☐ 4 cups half-and-half
- ☐ 2 cups heavy cream
- ☐ 0.5 cup scotch whiskey
- ☐ 1 teaspoon vanilla extract
- ☐ 1 pint whipped cream
- ☐ 1 cup sugar white

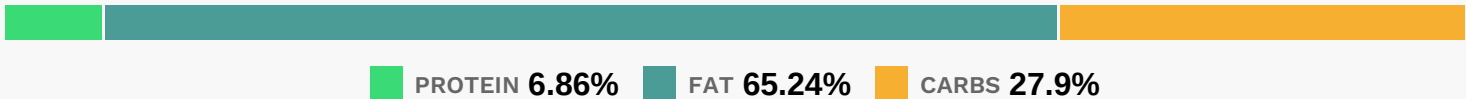
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a saucepan over low heat, stir together the half-and-half and sugar.
- ☐ Whisk in egg yolks and cook until light custard forms; do not boil.
- ☐ Remove from heat and cool, then place in refrigerator and chill overnight.
- ☐ Into the chilled mixture, stir in vanilla, cream, dark rum, scotch, and vanilla ice cream.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:20.14, Glycemic Load:25.72, Inflammation Score:-7, Nutrition Score:12.954347869624%

Nutrients (% of daily need)

Calories: 743.7kcal (37.19%), Fat: 48.54g (74.68%), Saturated Fat: 28.57g (178.57%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 46.3g (16.84%), Sugar: 44.44g (49.38%), Cholesterol: 402.91mg (134.3%), Sodium: 149.57mg (6.5%), Alcohol: 12.16g (100%), Alcohol %: 4.75% (100%), Protein: 11.48g (22.97%), Vitamin A: 1908.89IU (38.18%), Vitamin B2: 0.63mg (36.79%), Phosphorus: 309.36mg (30.94%), Selenium: 20.73µg (29.62%), Calcium: 276.68mg (27.67%), Vitamin B12: 1.04µg (17.31%), Vitamin D: 2.41µg (16.05%), Vitamin B5: 1.59mg (15.85%), Folate: 45.1µg (11.28%), Vitamin E: 1.67mg (11.11%), Zinc: 1.61mg (10.71%), Potassium: 362.71mg (10.36%), Vitamin B6: 0.2mg (9.83%), Vitamin B1: 0.12mg (7.9%), Magnesium: 25.84mg (6.46%), Iron: 0.87mg (4.85%), Vitamin K: 3.83µg (3.65%), Copper: 0.06mg (2.92%), Vitamin C: 1.8mg (2.18%), Fiber: 0.41g (1.66%), Manganese: 0.03mg (1.35%), Vitamin B3: 0.26mg (1.28%)