



Eggnog Cheese Pie with Bourbon Cream

READY IN



45 min.

SERVINGS



10

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon bourbon
- ☐ 1.5 tablespoons butter melted
- ☐ 4 ounces cream cheese fat-free block-style softened
- ☐ 1 large egg white
- ☐ 2 large egg whites
- ☐ 0.7 cup eggnog
- ☐ 2 tablespoons eggnog
- ☐ 2 large eggs
- ☐ 0.5 cup yogurt plain fat-free

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 32 graham crackers low-fat (8 cookie sheets)
- ☐ 0.1 teaspoon nutmeg grated
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup non-dairy whipped topping fat-free frozen thawed

Equipment

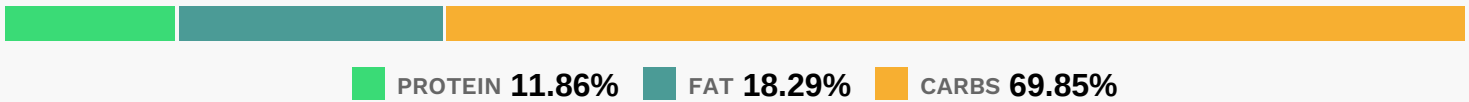
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, place crackers in a food processor; process until crumbly.
- ☐ Add 2 tablespoons sugar, butter, and 1 egg white; pulse 5 times or just until moist. Press crumb mixture evenly into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes; cool on a wire rack for 15 minutes.
- ☐ Reduce oven temperature to 32
- ☐ To prepare filling, spoon yogurt onto several layers of heavy-duty paper towels; spread yogurt to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.

- ☐ Place cream cheeses and vanilla in a bowl; beat with mixer at medium speed until smooth.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Combine sugar, flour, and salt, stirring with a whisk.
- ☐ Add sugar mixture to cheese mixture; beat until combined.
- ☐ Add yogurt to cheese mixture; add eggnog. Beat at low speed just until combined.
- ☐ Beat 2 egg whites with a mixer at medium speed until soft peaks form.
- ☐ Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg whites into the eggnog mixture.
- ☐ Pour filling into prepared crust.
- ☐ Bake at 325 for 40 minutes or until center is almost set. Cool completely on wire rack. Chill overnight.
- ☐ To prepare bourbon cream, place the whipped topping in bowl. Gently fold in 2 tablespoons eggnog and bourbon; chill. Top each pie slice with bourbon cream; sprinkle with nutmeg before serving.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:8.04, Inflammation Score:-1, Nutrition Score:4.0147826101469%

Nutrients (% of daily need)

Calories: 295.34kcal (14.77%), Fat: 6.14g (9.45%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 52.71g (19.17%), Sugar: 24.85g (27.61%), Cholesterol: 55.96mg (18.65%), Sodium: 451.82mg (19.64%), Alcohol: 0.3g (100%), Alcohol %: 0.3% (100%), Protein: 8.96g (17.92%), Vitamin B2: 0.23mg (13.57%), Phosphorus: 127.55mg (12.76%), Selenium: 7.64µg (10.91%), Calcium: 103.33mg (10.33%), Vitamin B12: 0.46µg (7.61%), Vitamin B5: 0.44mg (4.38%), Potassium: 134.58mg (3.85%), Folate: 14.52µg (3.63%), Zinc: 0.54mg (3.63%), Vitamin A: 164.19IU (3.28%), Magnesium: 11.81mg (2.95%), Vitamin D: 0.44µg (2.92%), Vitamin B1: 0.04mg (2.8%), Vitamin B6: 0.05mg (2.37%), Iron: 0.33mg (1.85%), Vitamin E: 0.2mg (1.36%), Copper: 0.02mg (1.13%)