



Egnog Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

DESSERT

Ingredients

- 0.3 cup brandy
- 5 large eggs
- 1 cup heavy cream
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 2 cups milk whole

Equipment

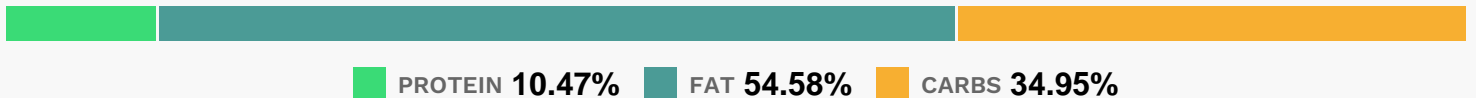
- oven

- whisk
- wire rack
- ramekin
- baking pan
- roasting pan

Directions

- Heat oven to 350 F.
- Whisk together the eggs and sugar. Slowly whisk in the milk, cream, vanilla extract, and brandy or rum.
- Pour the custard into an 8-inch baking dish, 8 ramekins, or 8 ovenproof teacups.
- Place in a roasting pan.
- Add enough hot water to reach halfway up the sides.
- Bake for 40 minutes. Cool on a wire rack. Cover and refrigerate for at least 3 hours and up to 48 hours.
- Serve with whipped cream and a sprinkle of nutmeg.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:14.17, Inflammation Score:-4, Nutrition Score:6.1213043008162%

Nutrients (% of daily need)

Calories: 273.39kcal (13.67%), Fat: 15.72g (24.19%), Saturated Fat: 8.96g (55.97%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 22.66g (8.24%), Sugar: 22.69g (25.22%), Cholesterol: 157.19mg (52.4%), Sodium: 75.89mg (3.3%), Alcohol: 2.68g (100%), Alcohol %: 2.28% (100%), Protein: 6.78g (13.57%), Vitamin B2: 0.29mg (16.9%), Selenium: 11.76µg (16.8%), Phosphorus: 141.07mg (14.11%), Vitamin A: 704.9IU (14.1%), Vitamin D: 1.77µg (11.81%), Calcium: 112.41mg (11.24%), Vitamin B12: 0.66µg (10.92%), Vitamin B5: 0.78mg (7.83%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.73mg (4.87%), Potassium: 164.15mg (4.69%), Vitamin E: 0.63mg (4.22%), Folate: 15.88µg (3.97%), Vitamin B1: 0.05mg (3.54%), Magnesium: 13.21mg (3.3%), Iron: 0.59mg (3.28%), Copper: 0.03mg (1.48%), Vitamin K: 1.23µg (1.17%)